

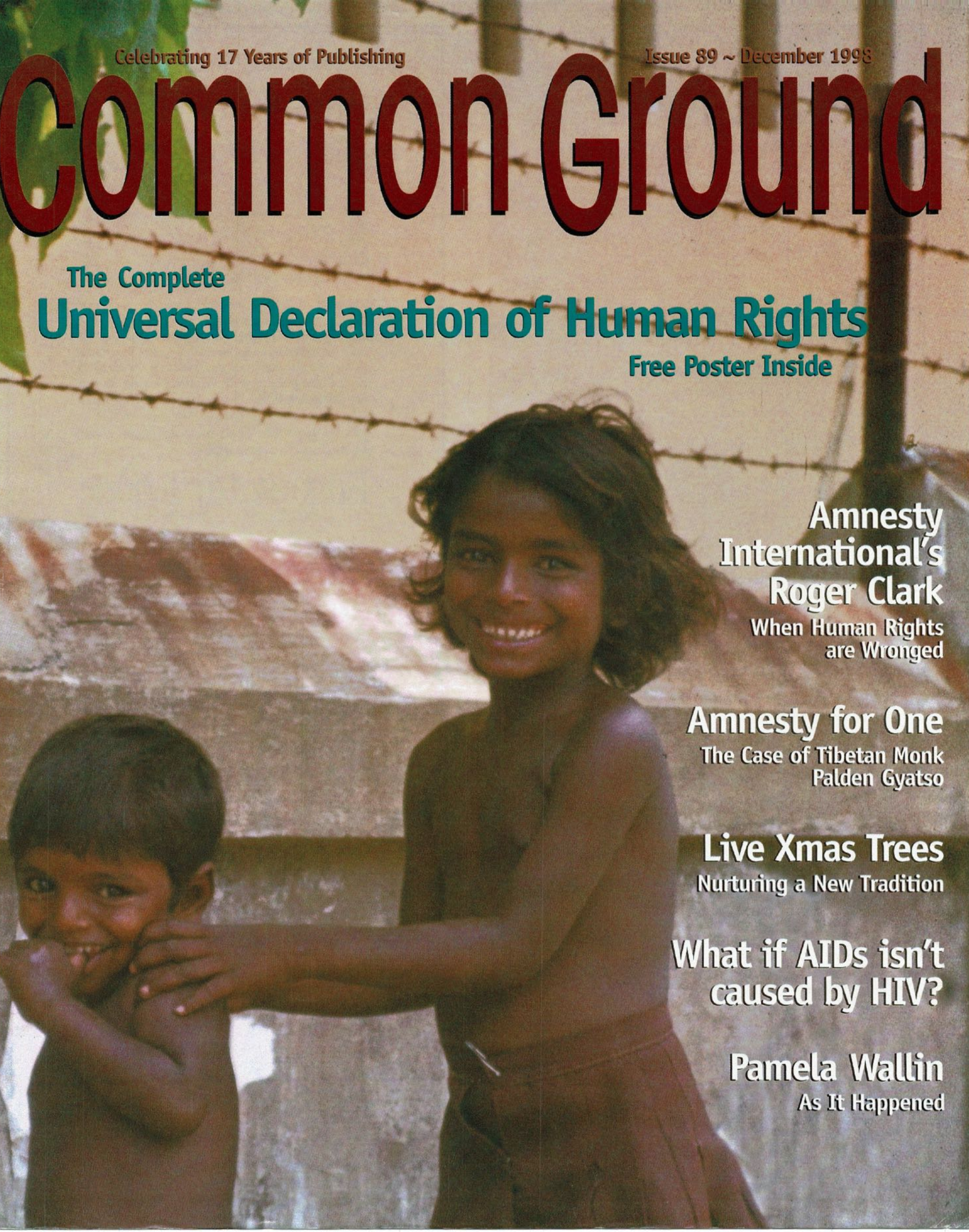
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Issue 89 ~ December 1998

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When Human Rights
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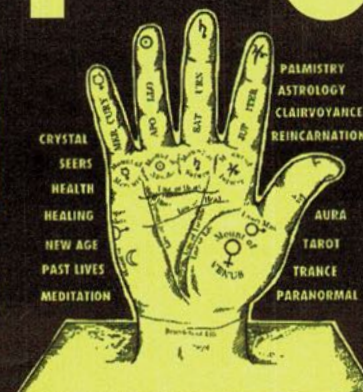
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Wonderful Happenings

A survey of 700 randomly-selected British Columbians has found that B.C. will vote for the environment. 86% say it's very important that the candidate or political party they vote for is strongly committed to protecting the environment. 98% agreed with the statement, "We all have a responsibility to protect B.C.'s unique natural environment for future generations." *Source: B.C. Environmental Network (736-7732) Infofax.*

On November 3, Arcata California made history by supporting Measure F on Democracy and Corporations. It calls upon their City Council to co-sponsor a town meeting with the topic "Can we have democracy when large corporations wield so much power and wealth under the law?" and through policies and programs ensure democratic control over corporations conducting business within the city. *Source: Democracy Unlimited of Humboldt County California e-mail (www.monitor.net/democracyunlimited).*

Natural Affairs Action Group is a new Ontario health consumers' organization that is leading the fight for access to safe, effective and low-cost natural health products and therapies. In May it founded Natural Health Coalition that defeated a bid by Toronto City to regulate natural health therapists. It also participated in supporting the Ontario legislature's Bill 2 which would restrain the College of Physicians and Surgeons from witch-hunting complementary physicians. *Source: Natural Affairs Action Group (416-207-0887/www.naturalaffairs.com).*

Canadian Parks and Wilderness Society is celebrating its 35th birthday. A grassroots voice for the wilderness, the society's focus is establishing and connecting parks and ensuring nature comes first in their management. Since 1963, the group has helped protect over 350,000 square kilometres of Canada's wild areas. *Source: BC Chapter, Canadian Parks and Wilderness Society (604-685-7445/cpawsbc@direct.ca) Infofax.*

If you know of wonderful happenings, send us a fax or an e-mail.

The Green Party of British Columbia's leader, Stuart Parker, will run in the Parksville-Qualicum by-election on December 14. In a recent poll in the National Post, the Green Party received 11% of the B.C. popular vote. "Our challenge in the next two years is to identify the quarter of a million British Columbians who are leaning towards voting for us, inspire them, and turn them out to the polls." *Source: The Green Party of B.C. (604-436-1437/www.greenparty.bc.ca) Infofax.*

The B.C. government has established a formal partnership with the B.C. Agriculture Council to address environmental issues that affect farmers. The committee has identified water conservation, fisheries, river-bank management, nutrient management, stormwater management, and drainage infrastructure construction as priorities to work on in the next year. Other projects include fish protection, manure management, wildlife policy, and cranberry farming. *Source: Government of B.C. News Release (www.agf.gov.bc.ca and www.env.gov.bc.ca).*

The Environmental Affairs Branch at Industry Canada has just opened a virtual office called the Canadian Business Environmental Performance Office, targeting 55 industries from marine freight to pesticides to restaurants. For each sector, the office gives information on waste management, emergencies, health, safety, environmental technologies, pollution prevention and climate change. To reach BEPO, go to <http://VirtualOffice.gc.ca/BEPO>. *Source: Nov. 1998 ECONews 250-592-4473/www.islandnet.com/~gdauncey/econews.*

The most comprehensive source of Canadian news on the World Wide Web is now CBC News Online. It is the only Internet news site in Canada producing original web content enhanced by audio and video created specifically for an Internet audience. Go to www.cbc.ca. *Source: CBC News Release.*

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PUBLISHER & SENIOR EDITOR
Joseph Roberts

DIRECTOR OF SALES & MARKETING
Tinu S. Mathur

EDITOR
Nancy Thompson

PRODUCTION MANAGER
Gurramanjit Singh Anand

CONTRIBUTORS
Bruce Burnett, Susan Cameron-Block,
Jenny Carter, Jacquie Jessup,
George Csaba Koller, Louise Hay,
Kate Langan, Gwen Randall-Young,
Maggie Staggs, Nancy Thompson,
Heather Wardle, Sonya Weir,
Catherine Young, Iain Young

ACCOUNTING
Winnie Chouinard

ADVERTISING
Sandra Tait, Ross Robertson,
Tannis Zboroluk, Hamish Redpath

COVER
Photo by Maggie Staggs
Design Gurramanjit Singh Anand

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COMMON GROUND PUBLISHING CORP
Office: 201-3091 W. Broadway
Vancouver, B.C., Canada V6K 2G9
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Fax: (604) 733-4415
E-Mail: cgbc@web.net

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LETTERS TO THE EDITOR

The Real Canadian Revolution

Dear Common Ground,

I respect Newman's accomplishments
(*Peter C. Newman Interview*, November
issue) as an author and enjoyed the
irreverent style of his book, *The
Canadian Revolution: From Deference
to Defiance*. I marvelled at how he wrote
400 pages without once referring to the
authentic Canadian revolution that took
place from 1967 to 1973.

Newman's conception of the Canadian
revolution as the 1980's Yuppie power-
grab inspired and personified by Brian
Mulroney, is a real hoot. The privatized,
"inner-directed," greed-driven Yuppie real
estate revolt, which produced food banks,
homelessness and devaluation of the
Canadian way of life, was hardly a
liberating transformation. More like a
revolving, counter-revolutionary mutation.

Newman yearns to experience Don
Quixote's transcendent craziness,
"jettisoning that melancholy burden" of
sanity to have "authentic experiences"
while rising above an unacceptable
establishment. Yet, he acknowledges that
today Don Quixote would be labelled
"insane," merely another victim, as it were,
of the psychiatric establishment.

Newman's analyses of Canada's elites,
however, are very revelatory of how the
Canadian establishment seizes power:
steal the revolution from the grassroots
people who do the hard, dirty, dangerous
work, take the credit for it, and leave the
faithful with the guilt.

Lawrence Chanin
Vancouver, BC

We Miss You Uwe

Dear Common Ground,

Uwe Meyer was born on a rustic farm
in rural East Germany on August 18, 1946.
He was a very energetic and innovative
child, always building things and always
on the move. In 1959 his family escaped
through Berlin to West Germany. He
trained as a tool and die maker and played
in a rock and roll band before having to
serve in the German army. In 1968 he fled
to Canada, arriving on the Prairies, then
moved to Vancouver via the Yukon in
1971. He became an avid skier and
kayaker, participating in long distance
cross-country treks and the polar bear dip
every year. He loved to cruise the coast
of Vancouver Island, going on long ocean
trips and living off the land. He would
seek the adrenaline rush of kayaking the
Capilano River, where he met the end of
his life on Sunday, November 15, 1998.
Uwe was a professional photographer
specializing in beautiful wilderness
images and was one of the best aerial
photographers in Vancouver.

Uwe will be missed for his enthusiasm,
his perfection in photography, his
adventure of sport and life, his caring of
people, his humour and laughter, his
attention to detail in creative design and

his love of his family and friends. Thank
you, Uwe for all the beautiful images you
have produced and the joy you have
brought everyone around you.

Sue Fox
Vancouver, BC

Parks Not Just for Tourists

Dear Common Ground,

The central waterfront lands in Van-
couver were rezoned on October 22, 1998.
This covers the area from Cambie to Carrall
Street on the waterfront, known as the
Eastlands, near and beside Crab/Portside
Waterfront Park. This park has been the
only safe park for low-income families in
the Downtown Eastside. With the extreme
population density of the new Trade &
Convention Centre Complex, a public wa-
terfront walkway from the Centre to the
Crab/Portside Park is not a good concept.

Don M. Larson
Vancouver, BC

Garden of Well Wishes

Dear Common Ground,

Your readers may be interested in the
mural in North Vancouver (Lonsdale &
14th) which I painted, sponsored by the
North Vancouver Community Arts
Council.



The purpose of this mural, aside from
providing colour on a bleak retaining wall
of a development site, is to inspire hope
in our community.

Presented are the four elements: earth,
air, fire, water. They swell among a field of
rich colour vibrations.

Humans seem to have forgotten the
power and splendor of nature. Here is a
gentle reminder that the four elements
have been holy forces in every culture
since the first traces of man. They feed
and clothe us, provide water, shelter, and
warmth. Without them humanity would
not be able to exist, and yet we exploit
and pollute them.

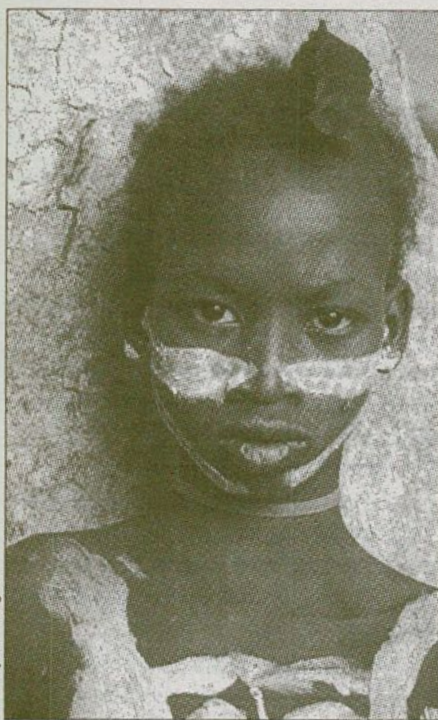
Is there hope? If you look up from
this mural, you will see well wishes in the
disguise of seeds. These well wishes have
been made by children from our
community. Each seed has a child's wish
for the betterment of our planet.

Earth, air, fire and water beg of every
human to be wary of the conditions they
impose on our green globe.

Susan Bonderove
North Vancouver, BC

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Art: MANDAD



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When Human Rights are Wronged

An Interview with Amnesty International's Roger Clark

Roger Clark has been the senior staff person and principal spokesman of Amnesty International (Canada) since 1988. He was involved in the establishment of the Central America Monitoring Group, and served on advisory groups on Guatemala and the African Great Lakes. He has led Amnesty International research missions to Cambodia, Rwanda, Zaïre, Ethiopia, and Liberia. Roger was in Vancouver as part of Amnesty International's public awareness and fund raising activities. He also travelled to Victoria to take part in a meeting bringing together fifty Amnesty International members from across the province.

Joseph Roberts: What are the most burning issues that need to be addressed right now?

Roger Clark: December 10th is the 50th Anniversary of the Universal Declaration of Human Rights (UDHR). We have many human rights instruments, agreements, conventions, and covenants, but when we look at the record in almost any country, the practice doesn't match the rhetoric.

As the APEC meeting takes place in Malaysia, the world community focuses on transnational agreements, agreements on investment and free trade opportunities, but human rights either get marginalized or completely set aside.

One of the things Amnesty International promotes is the universality of human rights so that the UDHR is not simply a piece of paper that was signed 50 years ago, but becomes the basis for the restoration of human rights in all contexts. To ignore economic and social rights is as bad as ignoring civil and political rights.

This plays itself out clearly when you look at countries like Malaysia, Indonesia, South Korea and China, where human rights are given at best second billing and at worst are completely ignored. Yet, any analysis of the development of social conditions ultimately has to acknowledge that unless human rights are front and foremost, there can be no real development of society.

Development of society is more than just getting more money into the bank account.

We're not opposed to people making money. What we are opposed to is the business sector making money on the backs of people, and having these individuals suffering adverse consequences. And people who get in the way are put in prison and tortured. Would you give

me a couple of specific examples?

Li Qingxi was arrested by the Chinese authorities in the early part of 1998 for putting up notices asking for independent trade unions. This was done in spite of the fact that China had just signed the International Covenant on Economic, Social and Cultural Rights. This individual, who does nothing more than put up a notice, is arrested and sent for a year to 're-education through labour.' This is a form of administrative detention, which is really imprisonment. He has been detained without any trial or hearing. There are a quarter of a million people like this in China, so he is very illustrative of the system.

The case of Anwar Ibrahim in Malaysia is better-known – attention was focused on him because of the APEC meeting in Kuala Lumpur. He is typical of



those crimes.

South Africa, with its Truth and Reconciliation Process, has tried to deal with impunity in a different sort of way. While opening the door for forgiveness of people, particularly those who admit to having committed serious crimes, they're also gathering important evidence about the period of apartheid, including the role of the African National Congress. At least there's a process that is

In many countries those disappearance cases have never been resolved. In 1995 Peru passed a Law of Amnesty which effectively means that all disappearance cases, tens of thousands that occurred prior to 1995, are wiped off the map. Why has that occurred?

Many of the people in government in places like Peru and Chile were implicated in

and resurfaced again in the 1980's. Now, as of July 1998 in Rome, the nations of the world have approved the structure and now are in the process of seeking enough countries' ratification in order for it to come into being.

The United States opposed the creation of the international criminal court on the grounds that they never want America citizens who are possibly committing war crimes in other countries being brought to justice. They were one of only seven countries in the world that voted against the creation of an international criminal court.

How many voted for it?

About 170. What's really unfortunate is the United States is actively working to prevent ratification of the agreement. They were against the landmines treaty too.

That's right. They were very upset because Ottawa moved quickly to get a really important treaty in place. Part of the reason for the campaign that Amnesty International is about to begin in the United States is to say that the US proclaims its world leadership, but where is the responsibility that attaches to that? Why are they working against international standards of human rights? Why are they not ratifying the convention on the rights of the child? They are one of only two countries that hasn't. The other country is Somalia.

Apart from its international policies, we detect serious violations inside the US, including widespread police brutality. As well, conditions in US prisons, particularly maximum security prisons, fall short of international standards.

It's interesting you mention prisons. Prison is unfortunately a growth industry and I hear the prison lobby is very strong in the US. Judges are now required to give minimum sentences for a bit of marijuana or things like that, and the people who lobbied for these minimum sentences are the ones who built the prisons. Is that an issue that Amnesty International handles?

In our report on the United States there's certainly a lot about the sentencing process and prisons. I don't believe we address the move towards increasing minimum sentences, but it's part of the same picture. There's no question that there are other interests at play.

It reflects what might be called a right wing view of law and order, the assumption that the more severe the laws, the greater the amount of order, which hasn't been established by serious analysis.

This leads us to the death penalty. The pattern of execution is horrendous in the US, and it's accelerating. They're still one

In Canada, where we have the right to express ourselves with a reasonable degree of security, we have a responsibility to express our solidarity with others.

many cases in Malaysia of people who stand up to the regime and end up in prison under provisions of the Internal Security Act. These allow authorities to put people in prison incommunicado, no access to a lawyer and facing possible torture in order to obtain confessions or facing witnesses who themselves have been tortured to give evidence against them. A complete distortion of justice is occurring.

Brazil?

In prisons in Brazil people are facing conditions of cruel, inhuman, degrading treatments which are contrary to international standards by any measure.

In Guatemala street children are being victimized by the police – be they the official police or private police forces who work under license to the Ministry of the Interior. Children in Guatemala City are beaten, harassed, kicked and in some cases very seriously injured.

And people disappear.

transparent and is bringing people to a point where justice can be seen to be done.

Pinochet in Chile, and the current fuss about his extradition from the UK, is illustrative of another problem that relates to impunity: the failure of the international community to bring people like Pinochet to justice. Clearly Chile is not going to do it. They've passed their own amnesty laws, largely because Pinochet was the one who passed the laws. I am interested to see whether the international community can make up its mind whether there is a responsibility to justice which overrides national level concerns.

Everybody applauded when the international criminal court was approved. The idea goes back to the 1940's. When Nuremberg happened the nations of the world said, "What we really need is a permanent court that can do what Nuremberg did." So, the move began, then disappeared from sight for decades,

of a handful of countries that still executes people who committed crimes when they were minors. Even China doesn't do that any more. What is the United States up to here? There is a notion that the death penalty is a deterrent, but there's absolutely no evidence to substantiate that. The world is moving in the opposite direction and the US is the only western country that continues to execute its own citizens.

What about children in prison? What's going on?

There are many countries around the world where children are kept in prison

together with adults. I was in Nicaragua not so long ago and there are about 200 minors in prison. They are separated from the adults most of the time, which is okay according to international standards.

Are these parents and their children?

No, no. These are kids that are picked up for one reason or another and the adults are adult criminals. First of all, should these kids be in prison in the first place? A number had been there for months and had never been charged or brought in front of a judge. Those that have been sentenced are in prison for minor offenses, like the theft of a VCR.

The kids told us that in the police stations where they were picked up, they were thrown into cells along with adults and beaten. In fact we focused more on what happens in police detention than in prison.

It seems our leaders are put in power by people who have vested interests and that human rights are not even on the agenda.

That's right. Where are the strong lobbies? I'd say the business sector has the ear of the government. If they ask for a meeting with cabinet or a senior minister, they get it. The military is still important around the world. The weapons industry is still one of the biggest industries worldwide. Canada, though not a big player, is still an exporter of weapons, sometimes through the United States, to places where human rights violations are occurring.

Are human rights and environmental issues compatible? Could the two movements work together?

We are promoting all rights, including those of people working for the protection of the environment. If these people find themselves harassed or, worse, imprisoned, then it falls into our area.

There is a human rights movement worldwide which embraces people who work for the environment, labour rights, civil and political rights.

The environmental movement was very successful in putting the environment on the agenda of the business community. We would like to see human rights take on the same importance, so that it would not be possible for any company doing business to simply ignore human rights.

What can people do?

Amnesty International is one of several organizations committed to working for human rights and bringing attention, nationally and internationally, to these sorts of problems. It's essential for people to express solidarity with human rights defenders around the world, people who are on the front line in countries where it's extremely dangerous to say anything about human rights. In every country where we work there are very courageous individuals. Even children are expressing themselves and fighting for human rights. In Canada, where we have the right to express ourselves with a reasonable degree of security, we have a responsibility to express our solidarity with others.

Join Amnesty International and support us financially. We can't do human rights work without money. We need more members, people to listen to what we say, and people to send messages to those who have political influence.

Last month AI published United States of America - Rights for All, available for \$20 plus GST. To contact Amnesty International, call 1-800-Amnesty or e-mail to info@amnesty.ca. Amnesty's Pacific Regional Office is Suite 4, 3664 East Hastings, Vancouver V5K 2A9, 294-5160, pro@amnesty.ca.

Amnesty International



Amnesty International is a worldwide voluntary activist movement that works to prevent some of the gravest violations by governments of people's fundamental human rights. The main focus of its campaigning is to:

- Free all prisoners of conscience. These are people detained anywhere for their beliefs or because of their ethnic origin, sex, colour, language, national or social origin, economic status, birth or other status - who have not used or advocated violence;
- Ensure fair and prompt trials for political prisoners;
- Abolish the death penalty, torture and other cruel treatments of prisoners;
- End extrajudicial executions and "disappearances".

Celebrating 50 Years

The World's Best-Kept Secret

The Universal Declaration of Human Rights has been called the world's best kept secret. Although few know what it contains, it is one of the most significant documents in history.

Never Again

The atrocities of the Second World War shocked the conscience of the world. People everywhere were revolted by what had happened and wanted to ensure that nothing similar would ever happen again. Responding to strong public sentiment, the United Nations formed a commission of eight nations to draft an international bill of rights. The first director, Dr. John Humphrey, a McGill University law professor and a Canadian, wrote the first draft. During 1947 and 1948 the Commission debated and modified the document, and on December 10, 1948, the Universal

Declaration of Human Rights was proclaimed by the UN General Assembly.

The Cornerstone

The UDHR is the cornerstone of the UN human rights system. Although not intended to be legally binding, it has become part of customary international law. Its principles have become so firmly entrenched in international law that it has acquired great force. Most countries (by virtue of being members of the UN) are deemed to have accepted its principles.

A Clear Vision

The Declaration expressed for the first time a clear, comprehensive vision of the basic rights that all people have, simply because we are human. For the first time, it was recognized that the international community has a responsibility to do something about human rights violations in other countries. Even more significantly,

it confirmed for the first time that human rights, rooted in common concepts of dignity and justice, are universal. The Declaration confirmed that no one set of rights can be enjoyed at the expense of others. People cannot advance their economic, social and cultural rights without the political space and civil freedom to do so, and vice versa.

A Collective Agreement

These international human rights standards constitute a collective agreement by governments on the criteria that will be used to assess the way people are treated under their jurisdiction. The concept of universal human rights is now well and truly rooted in international law - thanks to the Universal Declaration of Human Rights. Source: Amnesty International Press Release.



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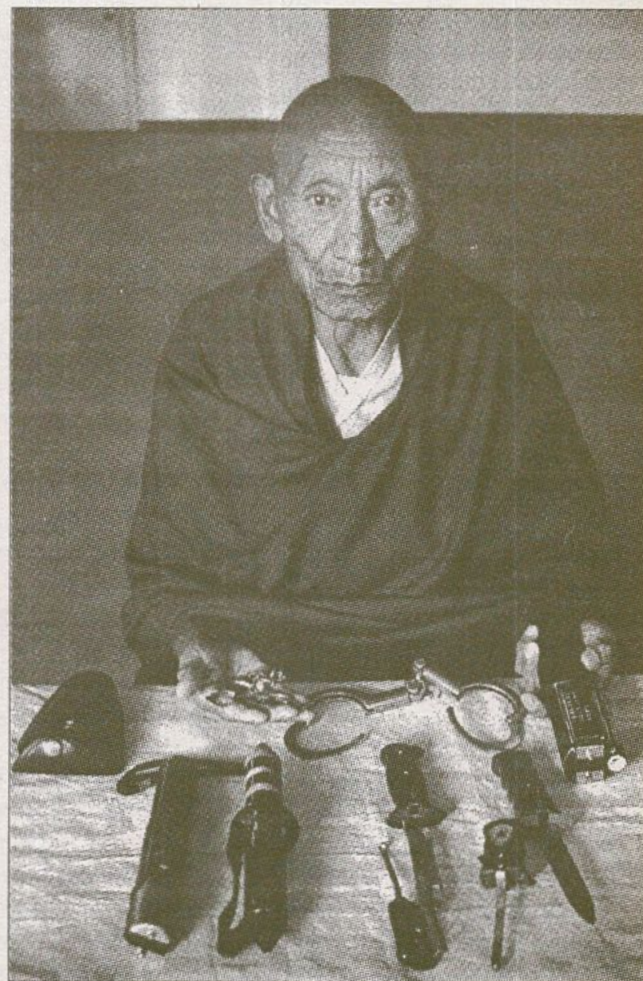
Amnesty for One

The Case of Tibetan Monk Palden Gyatso

by Heather Wardle

Since the occupa-
tion of Tibet by China
in 1950, over one million
Tibetans have died and
tens of thousands have
been imprisoned and
tortured for exercising
their basic freedoms
and human rights.

One Tibetan monk,
Palden Gyatso, has
borne witness to the
suffering of his nation
and is the winner of the
1998 John Humphrey
Freedom Award of the
International Centre for
Human Rights and
Democratic Develop-
ment (ICHRDD) "for his
tireless efforts to shed
light on human rights
abuses committed
against Tibetans by the
Chinese government." He
will be presented with
the award on December
10th in Montreal at a
special ceremony to mark
the 50th Anniversary of the
Universal Declaration.



Venerable Palden Gyatso spent 33
years in Chinese prisons and labour
camps in Tibet. Arrested as a 28-year-old
monk for taking part in a non-violent dem-
onstration in 1959, Palden has endured
half a lifetime of interrogation, beatings,
torture, and starvation. At one point he
was so severely malnourished that he was
forced to eat mice, worms, green grass,
and his own leather shoes.

The Chinese authorities attempted to
imprison his mind as well as his body.
Palden was subjected to constant
"struggle sessions" during which he was
expected to denounce the Dalai Lama and
to reject his Buddhist beliefs and
practices. During the Cultural Revolution
both his father and brother were killed in
"struggle sessions" and other members
of his family were maimed for life.

During more than three decades in
prison, he was repeatedly tortured. In one
particularly brutal session in October 1990,
Palden was tortured with an electric
baton for hours. The baton was forced
into his mouth between his clenched teeth.
As the maximum shock of 70,000 volts was
applied, the guard said, "I will give
you Tibetan independence." Palden lost
all his teeth.

In 1982 Palden was adopted as a
Prisoner of Conscience by Amnesty
International and an AI group in Italy
wrote letters on his behalf for nine years.

Thanks to Amnesty International's efforts
and demonstrations by Tibetans in Delhi
demanding his release, Palden Gyatso
narrowly avoided execution.

In 1992, Palden was released on
condition that he return to a quiet
monastic life. Defying Chinese authorities,
Palden escaped from Tibet across the
Nepalese border carrying the instruments
of his torture which he had secretly
purchased in Lhasa.

Upon reaching the Tibetan exile
community in Dharamsala, India, the Dalai
Lama encouraged Palden to tell his story
to the outside world. The result is the
book *Fire Under the Snow* (Harvill/
Raincoast) which "carries the resonance
of a thunderclap...an extraordinary,
haunting, beautifully crafted story,"
according to *The Observer*. Since his
escape Palden has travelled widely to
speak about his experiences, including to
Italy where he met the Amnesty
International group which wrote on his
behalf. In 1995 he was the first Tibetan to
testify to the UN Commission on Human
Rights in Geneva.

*Palden Gyatso will be speaking in
Vancouver on Thursday December 17th
at 7:00 p.m. at the Planetarium
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Darn

Gosh darn. Issues of the day that need our attention.

BC Parks has granted permission to TimberWest Forest Company to push a private logging road through Strathcona Park on Vancouver Island. The permit was issued in September without any public advertisement or discussion. "BC Parks manages our parks in trust for all British Columbians. Approving the construction of a logging road right through BC's oldest park is an abuse of that trust," says Tim Howard of the Sierra Legal Defence Fund. To help, phone Tim at (604) 685-5618, or Friends of Strathcona Park (250) 337-8220.

The BC Provincial Court upheld a court injunction that makes it illegal for protesters to physically impede logging operations in Vancouver Island's Walbran Valley. Environmentalists were victorious in getting the judge to remove the section of the injunction that forbade the "counselling" or suggesting to others to partake in civil disobedience. Under the previous injunction, Fletcher Challenge sued numerous citizens for simply speaking out against clearcutting, whether in the form of letters to the editor, newsletters, in speeches or at legal protests. For information contact the Walbran Conservation Group (250) 385-3784.

In November the Province of BC has announced significant changes to the Reviewable Projects Regulation, under the B.C. Environmental Assessment Act. This changes the specifications regarding which projects must go through an environmental assessment process before they can be constructed. Changes effect mining, oil and gas projects and power projects, and exempt many significant projects in those categories from review altogether. For further information, reach the Sierra Defence Fund (604) 656-5618 sldf@wimsey.com.

The Canadian Environment Law Association and World Wildlife Fund Canada fear that Bill C-32, the new Canadian Environmental Protection Act, will do little to protect Canadian citizens from toxic chemicals. The groups purchased five foods (bacon, broccoli, bananas, oranges and french fries) from the West Block cafeteria on Parliament Hill. An assessment by an independent lab revealed that contaminants were present in the food, including PCBs, DDT, lindane and chlordane. "From polar bears in the Arctic to MPs who eat at the West Block cafeteria, no one is immune from exposure to toxic chemicals." For more information, contact Craig, WWF (613) 565-6477.

If you wish to protest animal experimentation (vivisection), please write to our federal health minister and tell him you'd like your tax dollars spent on more appropriate, ethical and scientifically reliable research methods. Health Minister Allan Rock, East Block, Houses of Parliament, Ottawa ON K1A 0K6. For more information, contact AD-AV Society of BC, Box 391, Stn A, Vancouver V6C 2N2.

Reform Health Critic Dr. Grant Hill urges Canadians not to give up their fight for access to safe, natural health products. Hill praised Canadians for the fierce pressure they put on all politicians which forced the Standing Committee on Health's review of natural health products.

"You've got to love it when Canadians stick up for their freedom," says Hill. For information on the committee's findings, contact Stephen Brooks 613-995-8471.

A controversial new book *The Nurture Assumption: Why Children Turn Out the Way They Do - Parents Matter Less than You Think and Peers Matter More* by Judith Rich Harris is labeled as misleading by Invest in Kids Foundation. "It is of utmost importance that we recognize the critical role of parents and the influence they have, particularly during the first five years." Invest in Kids is a national charity founded in 1992 to promote the healthy development of our youngest children - "the years before five last the

rest of their lives." For more information, phone 1-888-KIDFUND.

Spending on Canada's health care system is expected to reach \$80 billion in 1998. That's more than \$2,500 per person. Canada's total health care spending represents over 9% of the Gross Domestic Product. (The GDP is the value of all goods and services produced in Canada.) Canada's health-to-GDP ratio ranks 4th behind the US, Germany and France. This information came from CIHI, a not-for-profit organization with a mandate to develop and maintain a national health information system. Phone (613) 241-7860 www.cihi.ca.

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Since We Asked

An Interview with Pamela Wallin

Pamela Wallin has just published her memoirs, entitled *Since You Asked*. Since 1995, she has hosted and produced her own interview program and other information programming through her own production company, Current Affairs Group. She has worked for CBC Radio, with Patrick Watson and Laurier Lapierre on Sunday Morning and later on *As It Happens* as national political producer. She has been host of CTV's Canada A.M., and became the first woman in Canadian television history to be appointed Ottawa Bureau Chief. She has conducted annual year-end interviews with six Canadian Prime Ministers. From 1992 to 1995, she co-anchored CBC's Prime Time News. In 1994, the residents of her hometown, Wadena, Saskatchewan, renamed the main street Pamela Wallin Drive.

engine and to give people what's most valuable for them to know.

In my television program I look for people who have learned life's lessons through the way they've coped with a particular situation. That gives me a very broad category, because my guest can be a politician, an artist, a musician, or just an individual with no particular credentials but who has really overcome an obstacle.

Life lessons are important. I'm fascinated with finding out how and why people do things. What motivates them? What are their values? What's at their core that allows them to overcome where there are reasons for defeat.

What kinds of filters do you use for choosing what has value?

I use my own value system to a certain extent. Part of what's been interesting about writing this book is going back and discovering what is important to me. What is my frame of reference? What are the values that I hold dear? What are those beliefs that I grew up with that I still have, and which ones have been changed and why?

In the journalism business we sometimes get so consumed with facts and information that we lose sight of truth, even our own personal truth. So this was a good time to reassess my core values. Family and community became very important to me, as well as issues of fairness.

I know fairness is a broad category but I look back at what my mother and father taught me about dealing with and reacting to people. People aren't black or white, good or bad, right or wrong. It's the grey that's important, and knowing the context in which people do things is essential to understanding what motivates them.

I use my own reference points. I've been in the business for a long time and I'm in touch with people. In the course of the last week, running across the country on a book tour, I've talked to five or six hundred people. I keep myself tuned in to the issues that matter to people. What is it that they need to know in order to deal with life in a more reasonable way?

We're going through a lot of changes in our world, in the definition of how and why we work, and what families and communities are. Technology is changing our world and people need guideposts to help them through. Even in our own office, our youngest producer is 22, our oldest is mid-50's, so we have a range of experiences at the table as we decide how to put the show together, who to put on the show, and how that might touch people.

One thing I'm trying to discover is what people need to heal and make sense of their lives.

The pollsters are telling us that we're experiencing "diminished expectations."



Joseph Roberts: I love the photograph on the back of your new book.

Pamela Wallin: I had to convince myself to publish that photo. Some of these shots taken while I was a kid are sort of embarrassing, but so many people have said to me, "I've got a carport shot too." It reminds me of the 50's when I was a kid in Coquitlam before the roads were paved.

Exactly. *Since You Asked* is very much about that. I sat down to write at the age of 45, looking back at all the forces that have shaped me. I found that the road did lead back to Wadena. So, in that sense, the photo is very fitting.

How do you deal with all the information you receive? Do you ever experience information overload?

The amount of information we're dealing with now is massive. The revolution we're seeing in computer technology is the equivalent of an industrial revolution every 18 months.

The job of the journalist is to separate what's important from what's abundant. Information is abundant, but not all of it is valuable in making decisions about our lives, or where we're going to live, or how we're going to vote, or what we think about. It's a journalist's job to be a search

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We're all working harder than we ever thought we'd work. We grew up being told that our biggest problem in life was going to be leisure and that we wouldn't know what to do with our time. I know very few people who have too much time.

Diminished expectations mean that not only will we not live as well as we thought we were going to live, but that our kids won't either. This creates a value shift: we start to redefine what's important.

The upside is that Canadians believe in and are committed to a sense of collective good. There is a new search for personal satisfaction, even though it may be less than our original expectations. We are also seeking spiritual fulfillment.

People fear that Canadians who have always been defined by fairness in looking after each other – that is what our collective conscience has been about – will have a harder time doing so with less money and with government vacating a lot of fields.

I'm worried about what I call "social amnesia." I grew up believing that we were our brothers' keepers. When we live life through technology or in gated communities, we lose a sense of community. I reconnected with that reality when I was writing this book. I always go back to my home community because my family is all still there and it is a place where community is still about looking after the other person. There's no homeless in a community like Wadena because everybody does belong to somebody. I don't want to be naive about this, as if we can go back to horse and buggy days, but we do need to re-establish that sense of community. *This brings to mind the word 'homeless' as opposed to 'houseless'. We all share this planet that we have a home on, but we have this culturally modified situation where there are houseless people called vagrants. The term bothers me.*

I don't think it's necessarily inaccurate to call them homeless in the urban setting, because not only are they houseless, but they also don't have a community in many cases. A lot of the people we see on the streets in urban cen-

tres have been put out of institutions for the mentally ill because they've been closed. These people may have no family or community, so in fact they are both houseless and homeless.

Sometimes these people are very hurt emotionally. The people who run the counselling group across the hall talk about starting Therapists of Mercy, donating sessions to the person outside who's drinking cooking wine and living in the rain.

That's a very important part of community. Call it the third sector: philanthropy, volunteerism. Too often we substitute action with writing a cheque. I think it is important that people make financial contributions, but we lose our connection with what these people look and smell and feel like. We actually have to confront this once in a while, because then there's a face and not just a name to the problem.

There's a fellow that wanders around the street close to my office who is essentially me with really bad luck.

That is mostly the case. When I was growing up we lived fifteen miles from an Indian reserve and these kids were bussed into our little town to go to school. In my grade five there would be a fifteen year old Native kid sitting in the classroom. I'd go home and say to my mom that these kids must be dumb, being so old in my grade. She'd tell me to look at the context of these people, at how they've lived their lives, not just the fact that they're fifteen and sitting in an elementary class. If we understand why, then we won't make crude judgments about people, because there's always more to the story than meets the eye.

What is closest to your heart these days?

It's family. I've got aging parents that I care about very much. I'm grateful that they live in a small community where they will be safe and will have someone to keep that watchful eye, because I live 2000 miles away. I also have two nieces who are both diabetic and are experiencing problems because of the cuts in the health care system. In Saskatchewan insulin was taken off the list of covered drugs, as if it were somehow an optional thing.

I'm especially motivated by looking at issues in terms of how they affect people. You can talk about health as a policy and about an aging population as a demographic issue and how it impacts on the pension system, but beneath those stories are real faces. In my television program, I have the luxury of telling these stories in depth. We have an hour to explore ideas, not just deal in soundbites. We can show people who are suffering from Alzheimer's, and let people see that they're still human beings. We can show how the caregivers are coping, because there are thousands of people across the country by themselves handling this issue. We give them a connector to say they're not alone.

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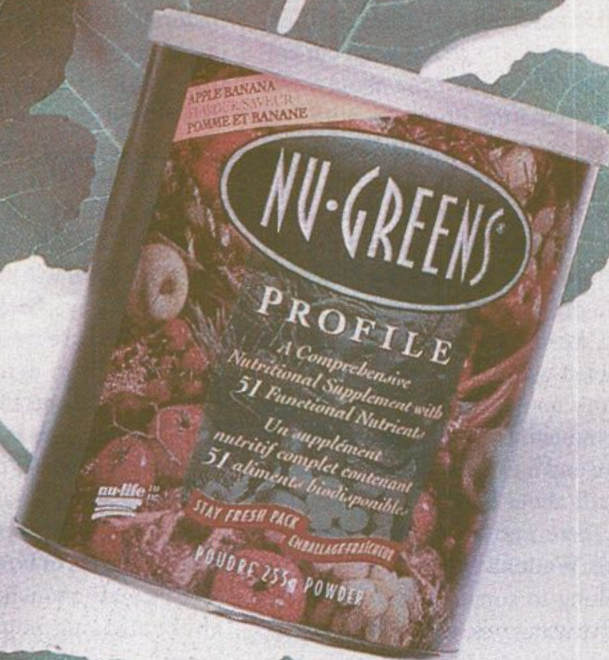
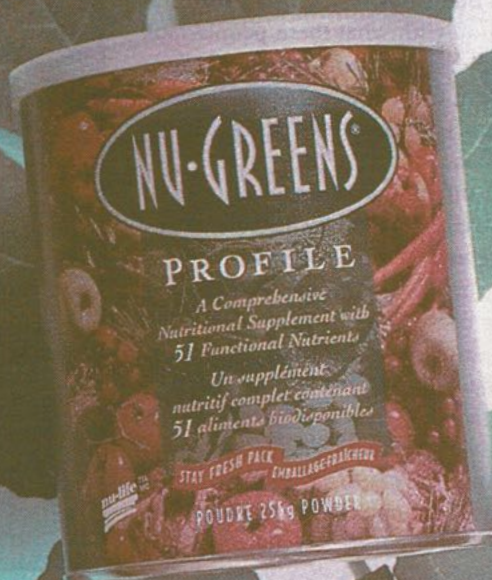
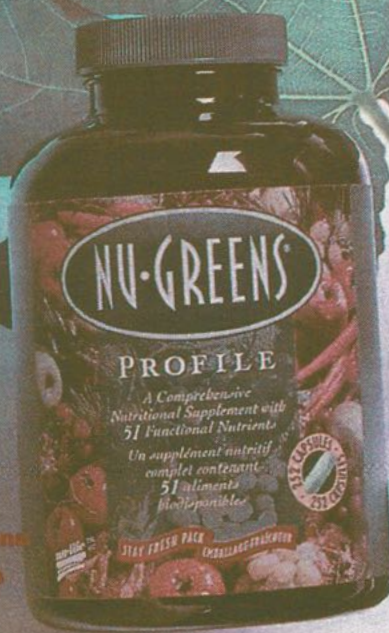
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VOLUME 1 NUMBER 13

Plants in the Mail

Gardens of Our Souls: A Correspondence of Friendship and Healing
by Diane Sims and Marla Fletcher
Reviewed by Sonia Weir

For friends and co-authors Diane Sims and Marla Fletcher, a private exchange of letters contained the seed for the book they would later harvest. *Gardens of Our Souls* is a book that had its genesis in the sincere desire of one friend wishing to comfort another, growing into a "testimonial of how one gardening friendship blossomed into healthier bodies, souls and gardens."

Friends of long standing, Diane and Marla resided in separate cities. Struggling with multiple sclerosis for many years, Diane lost both her mother and sister in the same year and was then diagnosed with the same cancer that took her sister's life. Feeling somewhat helpless because of their geographical separation, yet wanting to lend comfort, Marla sent her a letter, a plant cutting and information about its healing properties. Diane responded in turn with another letter and plant. And so began their mutual journey of discovery and healing with many small miracles along the way.

The garden has long been a symbol of growth, transformation and the natural cycles of life. A garden teaches us that we can do nothing to hurry a process along. As much as we cannot rush the seasons, we cannot rush our own healing journey.

Gardens of Our Souls is not a how-to book for gardeners. Nor is it, strictly

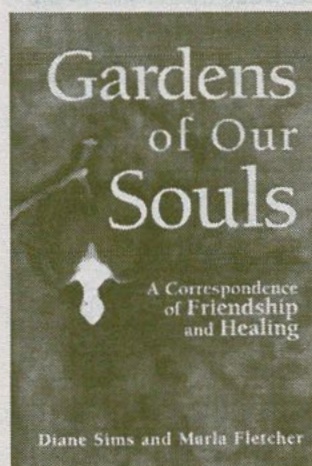
speaking, a philosophical work. It is a poetic blending of practical information and reflections on the strength of the human spirit. It also offers instruction as to good planting practice. Each section commences with a discussion on a stage

of the healing journey, followed by Diane and Marla's correspondence.

The book's origin may have been personal and private but the authors' wisdom speak to all of us. Diane, in dealing with her illness acknowledges: "We know that the road to health is not linear. Like a warm hug, our friendship has encircled this correspondence and interspaced our plants." This is a

wonderful little treasure and I encourage anyone in need of a warm hug to give it a read. You'll feel better, I'm certain.

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A Radical Egalitarian

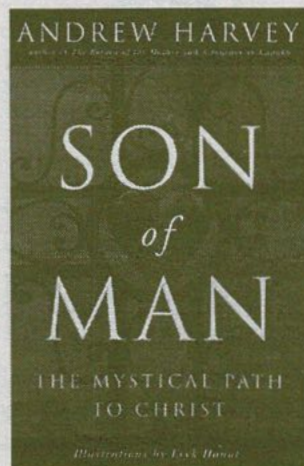
Son of Man: The Mystical Path of Christ
by Andrew Harvey

Reviewed by Jacquie Jessup

In *Son of Man: The Mystical Path of Christ*, Andrew Harvey "reveals Jesus as a mystical radical whose aim was the initiation of all human beings into the power and splendor of their innate divinity." The book is divided into four parts: Historical Christ, Mystical Christ, Christ and the Sacred Feminine, and the Direct Path to Christ.

By far the largest section of the book is that devoted to the Historical Christ. With reference to contemporary scholars and the Gospel of Thomas, the author suggests that Christ can be viewed as one who wanted to transform the laws and traditions of the world

through unconditional love. Harvey challenges us to know Jesus intimately instead of externally worshipping him through liturgy and suggests that Jesus calls us to radical egalitarianism and service to others.



In the second part we look at the Mystical Christ through the eight thresholds or mysteries which take us with Christ from Baptism (new life) to Pentecost (descent in flame). With the aid of the mystics, this section gives us a map to the contemplative and active religious lives within us.

The third section looks at Christ and the Sacred Feminine. In order to find the divine human being we must experience a fusion of the masculine and the feminine powers of the soul.

cont'd on page 14

DR. MICHAEL GREENWOOD

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The Four-Footed Path

Animals as Guides for the Soul

by Susan Chernak McElroy

Reviewed by Jenny Carter

We live in a world that seems to be obsessively human focused. From ancient times human kind has struggled to "tame" the wilderness and subdue earth's creatures. Humans have imagined that because they can build cities, engage in scientific endeavors, and travel to the moon, they are somehow possessed of greater gift of grace than are the rest of earth's creatures. The result of such thinking is that human kind has become increasingly alienated from the very cycle of life of which we all are a part. In an effort to reclaim a holistic vision of earthly life, McElroy explores what it means to live a vision where all living beings are acknowledged as gifted teachers and healers.

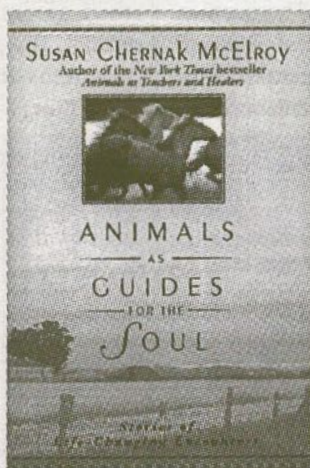
In a surprising and moving way, McElroy documents how the contemplation of relationships other than human-to-human can be both sources of great joy as well as avenues to personal and spiritual growth. Using the gift of story, both her own and those of her readers, she explores how animals can guide the human soul on its journey of self-discovery. McElroy does not use the word soul in its religious sense. In her own words, she has "come to understand *soul* as the unseen, oft-times disowned inner guardian of our lives, a force weaving together the threads of heart, mind, and spirit that fash-

ions us into an integrated piece of work." For her, "soul" is not a thing, but is a quality that encompasses genuineness and depth. Her book seeks to show how animals can aid in the human struggle to live a genuine, soul-full life.

To help the reader understand how animals teach and heal, McElroy examines "five stations along a four footed path," which looks at spirituality, communication, service, forgiveness, and transformation. While some of the ideas may seem incredible, anyone who has ever shared their home with a beloved pet will have no trouble connecting with her ideas and stories.

The life issues dealt with in this book are common to everyone, not only animal lovers. While all of the chapters contain wisdom, both conventional and unconventional, the strongest message is contained within the last chapter. Here McElroy discusses the importance of healing the relationship between humans and animals in order to restore the health of the world. She not only shares her vision of what the world could be; she gives valuable insight on how to achieve this vision. To her credit, McElroy does not limit herself to promoting peace just between humans and other animals; she also discusses peacemaking between humans, neighbors and nations. Through this peace seeking McElroy believes that the world can be transformed.

The Ballantine Publishing Group © 1998



A Furry Saint

My Cat Saved My Life

by Phillip Schreiberman

Reviewed by Nancy Thompson

Although just "a small story in the stories of the world," this book examines depression and joy, the recovery from grief, and our role in creation. It would be an excellent Christmas Day read for those who have experienced a loss this year, and want to read something that bolsters the heart without preaching or giving yet another list of behaviour modification tips.

The author, Phillip writes how the loss of both parents within a short period of time buried him in a pit of grief and despair from which he could not rise. Anyone who has had even a touch of depression will relate to the mystifying difficulty he has with simple maintenance tasks and social interactions.

Here comes Alice! At first only a small stray kitten found in the back alley, Alice grows into a wise, dignified animal.

Jean Houston says that some animals are "bodhisattva pets." Bodhisattva is a Buddhist label for a being that is pure compassion and acceptance. This type of pet loves completely, is loyal and has a

strong intuitive knowing. Alice was this and more: she was a teacher.

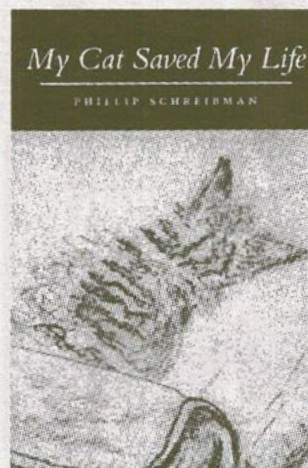
Despite his depressed condition, Phillip had little choice but to pay attention to the insistent kitten, to participate in her sweet games, to give her patting love. He began to attend "Cat School," and at one stage, he took to following her around, napping when she napped, sitting outdoors enjoying nature, stretching, and communicating in cat ways.

There is a whimsy in this book that is very endearing. The short chapters have such titles as "Alice and the Snake," "Alice and the Bug," "The Big Blue Car," until we finally get to "The Chapter

You Can Skip." Phillip, a highly sensitive person, knows well how some of us just cannot face the tragedy of losing yet another friend, albeit fictional.

The depth of this book is, in part, from the author's Jewish faith woven through the philosophical discussion. Examination of the interaction between Creator and creation, and the role and duty of humans, adds a substance to make this more than just a story.

Dog's Bark Publishing (Toronto) © 1997
\$12.95



A Radical Egalitarian ...cont'd from page 13

The author explores Mary, Sophia and others to find the sacred feminine.

The book offers twelve powerful spiritual exercises that may enable us to sustain a direct relationship with Christ and concludes with thirty-two meditations to inspire us. The haunting photographic images of Christ throughout the book add to our exploration of the Christ figure.

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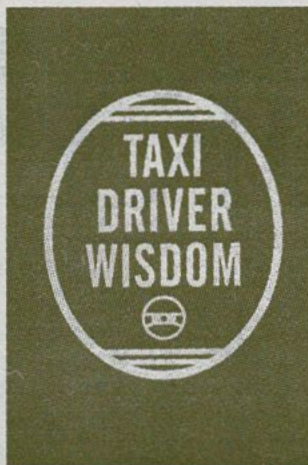
Make Driving Everything

Taxi Driver Wisdom

by Risa Michenberg

Reviewed by George Csaba Koller

Conventional wisdom says that if you want to find out what the people are really thinking, you should read the graffiti or talk to a cabdriver. Author Risa Michenberg did the latter: she recorded her conversations with scores of New York City taxi drivers and assembled a fascinating book of the best of their quotes. She thanks her contributors, using first names only, and their list reads like a veritable who's who of multiculturalism: "Abdul, Achileas, Ahmed, Aitzaz, Anatoliy, Angel, Aqueel, Augustin, Belgaam, Ben, Bernard, Bolivar, Carlos, David, Dilawar," and so on.



Taxi Driver Wisdom is a perfect gift book: it is small, perfectly bound with a thick cover, and it features New York City Operator's licenses made out to Sigmund Freud and Frederiche Nietzsche on its inside front and back covers, complete with photographs. On the human condition: "You say you are happy, you are lying." On chemistry: "Love is 90% responsibility. Whatever that other 10 percent is, it must be quite something." On cat fighting: "This jealousy I have seen in my sisters, but not in my brothers." No regrets: "Each day is like another bud on a tree: impossible, without the tree beneath it." At peace: "I like driving. Otherwise I take another job. Each thing can be everything for you. You make driving everything."

On understanding: "If there is understanding, there is love. If there is no understanding, there is only an endless stream of questions." Reading signs: "If a man keeps telling you he loves you, over and over, then something is wrong." On motive: "We do everything for ourselves." On women who claim to love boring men: "What everyone likes the best is money, but they don't say it." On better halves: "People look so much better alone." On the rhythm of life: "The traffic—it slows, it speeds up again for no reason sometimes." On finding a mother: "Women choose who they love the most. Men choose who loves them the most." On identity crises: "Whatever you become, someone will long for what you were." Ashes to ashes: "We are all born poor." The introduction sums it all up: "The fact is, New York cab drivers are the world's most accessible source of truth and wisdom."

Chronicle Books © 1998 \$22.95
Available at Black Sheep Books.

New on Our Bookshelf

Hellbent for Enlightenment: Unmasking Sex, Power and Death with a Notorious Master (Bhagwan Shree Rajneesh)

Rosemary Hamilton, White Cloud Press, ©1998, \$22.75

Handmade Forests: The Tree Planter's Experience (photographs)

Hélène Cyr, New Society Publishers, ©1998, \$24.95

Introspect: A Working Journal

Diana Mohrsen, Dempsey (Vancouver), ©1998, \$16.95

Here I Am: Finding Oneself Through Healing and Letting Go

Mark Linden O'Meara, Soul Care Publishing, ©1997, \$16.95

Lao Tsu, Tao Te Ching: A Book About the Way and the Power of the Way

Ursula K. LeGuin, Shambhala, ©1998, \$16.95

Since You Asked (autobiography)

Pamela Wallin, Random House, ©1998, \$32.95

Visions of the Goddess (photographs)

Courtenay Milne, Penguin Books, ©1998, \$38

Buddha: The Living Way (photographs)

DeForest W. Tringham, Random House, ©1998, \$49

The Art of Everyday Ecstasy: The Seven Tantric Keys for Bringing Passion, Spirit and Joy into Every Part of Your Life

Margot Anand, Broadway Books, ©1998, \$35

Nature: Western Attitudes Since Ancient Times

Peter Coates, University of California Press, ©1998, \$29.95

Gardens of Our Souls: A Correspondence of Friendship and Healing

Diane Sims and Marla Fletcher, Macmillan Canada, ©1998, \$24.95

Heart of the Raincoat: A Life Story

Alexandra Morton and Billy Proctor, Horsdal & Schubart, ©1998, \$15.95

Light on the Water: Early Photography of Coastal British Columbia

Keith McLaren, Douglas & McIntyre, ©1998, \$45

Forest Follies – Adventures and Misadventures in the Great Canadian Forest

Ben Parfitt, Harbour Publishing, ©1998, \$16.95

A Woman's Decision: Breast Care, Treatment and Reconstruction, 3rd edition

Karen Berger and John Bostwick III, St. Martin's Griffin, ©1998, \$26.50

Living in Process: Basic Truths for Living the Path of the Soul

Anne Wilson Schaef, Ballantine Wellspring, ©1998, \$35

Dinner Tonight: 200 Fast and Fresh Mealtime Solutions

Lucy Waverman, Random House, ©1998, \$24.95

And a Body to Remember With

Carmen Rodriguez, Arsenal Pulp Press, ©1997, \$15.95

Stickeen: John Muir and the Brave Little Dog

(for children)
John Muir as retold by Donnell Rukay, Dawn Publications, ©1998, \$11.50

Guiding Lights: British Columbia's Lighthouses and Their Keepers

Lynn Tanod and Chris Jaksa, Harbour Publishing, ©1998, \$34.95

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Doc Childre, Planetary Publications, ©1998, \$11.95

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Little Mysteries, Lowry Olafson (White Rock) ©1998, River Records
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Delicious Fruit, Thomas Kagerman (Germany) ©1997, In-akustik GmbH
Rock guitar with Celtic-African-Japanese tones

Natural Audio Landscape of the Mighty Petén Rainforest (Toronto) ©1998, Earthnoise
Parrots of Guatemala.

Natural Audio Landscapes of Algonquin Provincial Park (Toronto) ©1998, Earthnoise
Ducks of Southern Ontario.

The Sacred Chorde, Steven Halpern, Fabien Maman (California) ©1998, Open Channel Sound
Piano and harmonic overtones for meditation and healing.

Singing Bowls of Shangri-la, Thea Surasu (California) ©1998, Open Channel Sound
Just bowls, sacred vibrations for meditation.

Celtic Fantasy, Daniel Kobialka (California) ©1998, Li-Sem Enterprises
Celtic/classical/new age music, strings, flute, horn.

River of Gold, Bruce BecVar (California) ©1998, Shining Star
Acoustic guitar over synthesizer and percussion.

Celtic Harp of Dreams, Lori Pappajohn (Vancouver) ©1998, Ancient Echoes Music
Harps, flutes, Medieval instruments and percussion

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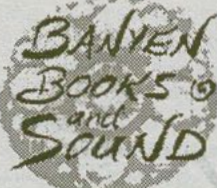
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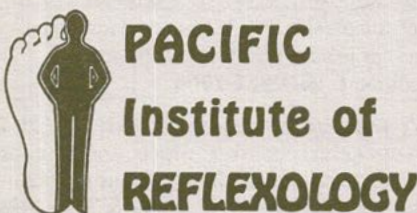
is a private vocational school registered with the Private Post Secondary Education Commission of British Columbia. CSNN gives training and a professional designation as Registered Holistic Nutritionist (R.H.N.) or qualifies students for the

designation R.N.C. Registered Nutritional Consultant (fee applies).

The course is offered as a one year (day) or a two year program (night). An accelerated program is available. It consists of 600 hours of study (350 classroom, 250 clinical study) for a total of 85

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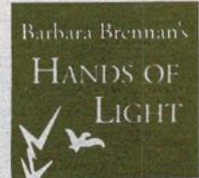
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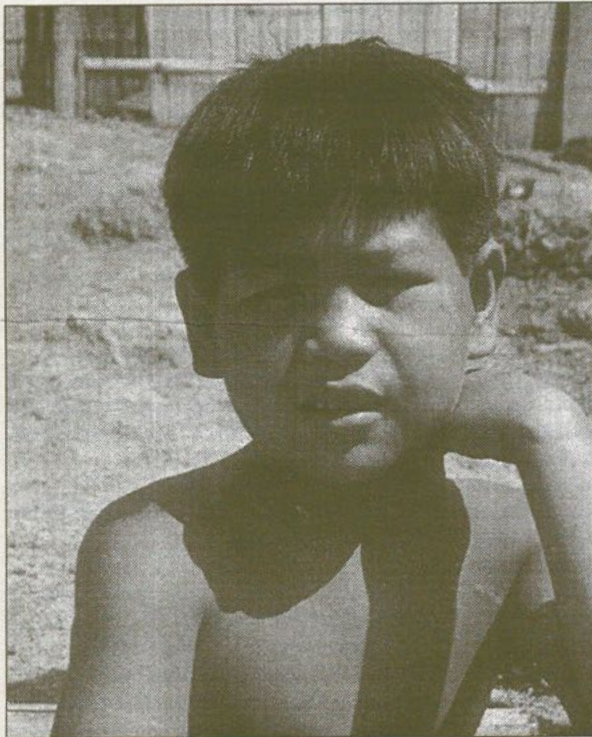
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- Chuang Tsu

The Universal Declaration



*All people everywhere have the same human rights which
and peace in the world. This Declaration affirms the dig
and men. The rights described here are the common stan
asked to support the understanding and respect
they are recognized and obs*

1 You have the same human rights as everyone else in the world, because you are a human being. These rights cannot be taken away from you. Everybody, no matter who they are or where they live, should be treated with dignity.

2 You should not be treated differently, or have your rights taken away, because of your race, colour, sex, language, religion or political opinions. Your basic rights should be respected, no matter what country you were born in or how rich or poor you are.

3 Everyone has the right to life, liberty, and security of person. We all have the right to live in freedom and safety. No one should be killed or deprived of their liberty without good reason.

4 Human beings must not be owned, bought or sold. No one has the right to enslave anyone else. Slavery is a crime.

5 Torture is forbidden at all times and in all circumstances. No one should suffer treatment or punishment that is cruel or makes them feel less than human.

6 Everyone has the right to be treated as a person in the eyes of the law.

7 You have the right to be treated by law in the same way as everyone else. You have the same right to be protected by the laws of your country as anyone else.

8 If your rights under the law are violated by someone else, you have the right to see justice done.

9 You may not be arrested or held in a police station or prison without good reason. You may not be kept out of your own country. If you are detained, you have the right to challenge the detention in a court of law.

10 You have the right to a fair and public hearing if you are ever accused of breaking the law, or if you have to go to court for some other reason. The courts must be independent from the government, qualified to understand the law, and free to make their own decisions.



11 If you are accused of a crime, you have the right to be treated as innocent until you are proved guilty, according to the law. You have the right to a fair and public trial where you are allowed to defend yourself. You cannot be tried for doing something which was not a criminal offence in law at the time it was done.

12 No one has the right to intrude in your private life or to interfere with your home or family without good reason. No one has the right to attack your good name without reason. The law should protect you against such interference.

13 You have the right to move about freely within your country. You also have the right to travel to and from your own country, and to leave any country.

14 If you are forced to flee your home because of human rights abuses, you have the right to seek safety in another country. This right does not apply if you have committed a non-political crime or an act that is not in keeping with the UDHR.

15 You have the right to be treated as a citizen of the country you come from. No one can take away your citizenship, or prevent you from changing your country, without good reason.

tion of Human Rights

one can take away. This is the basis of freedom, justice, and worth of all people, and the equal rights of women for all people everywhere. Every person and nation is these rights, and to take steps to make sure that everywhere for all people.

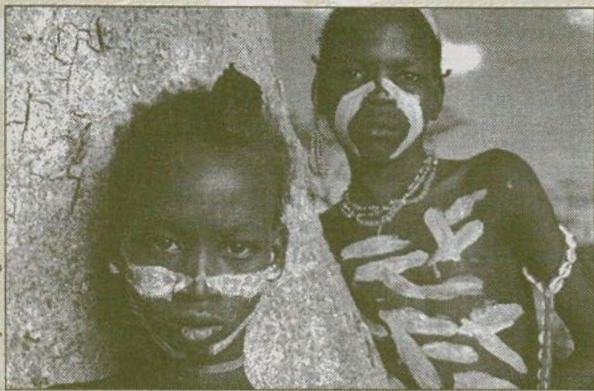


Photo by Phil Borges

16 All adults have the right to marry, regardless of their race, country or religion. Both partners have equal rights in the marriage, and their free and full agreement is needed for the marriage to take place. The family is entitled to protection by the state.

17 You have the right to own goods, land and other property, alone or with other people. No one has the right to take your property away without good reason.

18 You have the right to hold views on any issue you like without fear of punishment or censure. You also have the right to believe in any religion — or none at all. You have the right to change your religion if you wish, and to practice and teach your religion or beliefs.

19 You have the right to tell people your opinion. You should be able to express your views, however unpopular, without fear of punishment. You have the right to communicate your views within your country and to people in other countries.

20 You have the right to peacefully gather together with other people, in public or private. No one may force you to join any group if you do not wish to.

21 You have the right to take part in the government of your country directly or by being represented. Everyone has the right to equal access to public service in his or her country. Governments represent the will of the people. Therefore, free and fair elections should be held on a regular basis.

22 You have the right to have your basic needs met. Everyone is entitled to live in economic, social and cultural conditions that allow them dignity and let them develop as individuals. All countries should do everything they can to make this happen.

23 You have the right to work in fair and safe conditions and to choose your job. You have the right to be paid enough for a decent standard of living, or to receive supplementary benefits. You also have the right to form or join trade unions to protect your interests.

24 You have the right to time off from work. No one may force you to work unreasonable hours, and you have the right to holidays with pay.

25 Everyone has the right to a decent life, including enough food, clothing, housing, medical care and social services. Society should help those unable to work because they are unemployed, sick, disabled or too old to work. Mothers and children are entitled to special care and assistance.

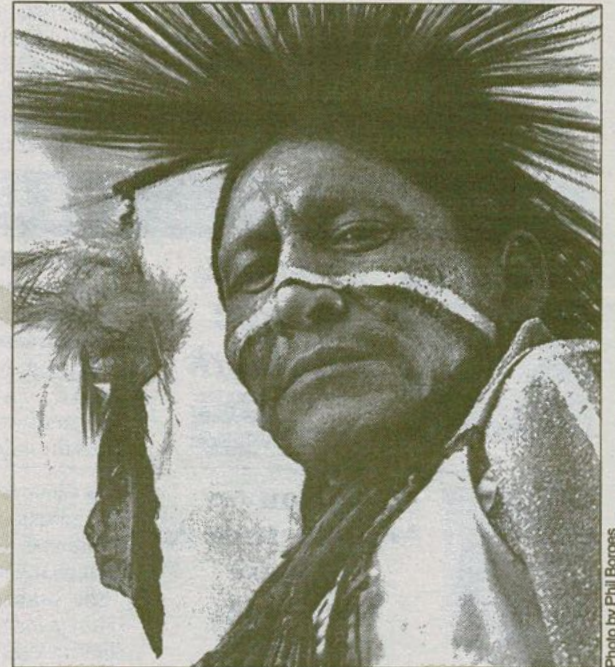


Photo by Phil Borges

26 Everyone has the right to an education. In the early years of schooling, it should be free of charge and compulsory. Education at a higher level should be equally available to everyone on the basis of merit. Education should develop the full human being and increase respect for human rights.

27 No one may stop you from participating in the cultural life of your community. You also have the right to share in the benefits that scientific discovery may bring and the right to have any interests from your scientific, literary or artistic work protected.

28 Human beings have the right to live in the kind of world where their rights and freedoms are respected.

29 We all have a responsibility to the people around us, and we can only develop fully as individuals by taking care of each other. All the rights in the UDHR can be limited only by law and then only if necessary to protect other people's rights, meet society's sense of right and wrong, maintain order, and look after the welfare of society as a whole.

30 There is nothing in the UDHR that justifies any person or state doing anything that takes away from the rights to which we are all entitled.

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- Helen Keller

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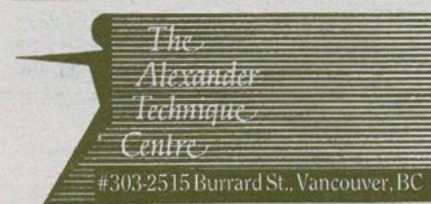
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THE UNIVERSE WITHIN

Spiritual Internship

by Gwen Randall-Young

Sometimes it can be a struggle to make sense of our lives here, and it is only by imagining a larger context that all of the pieces fall into place. We might often wonder why we have had experiences of pain and hardship. If we knew the whole of our soul's journey, we might view times of difficulty as part of a spiritual internship.

Imagine one who had a troubled childhood. Perhaps there was abuse, alcoholism or neglect. This person may, on reaching adulthood, decide to do things completely differently, taking a much more compassionate, spirit-honoring approach to their children. Much as they do well with their children, they may continue to carry some inner torment. It can be a constant challenge to remain on the higher path they have chosen. There may always be an inner ache, reflecting the pain of loss in not having been seen in childhood. There may also be sense of 'making life up as I go along,' because there is no blueprint to follow. What if such lives were the result of the following scenario?

Aeons ago, there was a faraway planet where souls rested between incarnations. It was a very pleasant space, where the energy of souls blended into a loving resonance. If desired, a soul could remain there throughout eternity. Occasionally, a special call went out for volunteers. On Planet Earth, souls were incarnating into human beings, and these beings reproduced themselves in a genetic succession. Ideally, each generation was more highly evolved than the ones before. In some instances the evolutionary process became blocked, and some Earth "families" were locked into a destructive pattern. It appeared almost like a kind of spiritual mutation, which resulted in negative human qualities reappearing generation after generation.

The call went out for souls who would volunteer to be born into these troubled family systems, so that they could shift the evolutionary pattern. Many very evolved souls stepped forward immediately. They were cautioned that the assignment would be extremely difficult. They would have complete amnesia about the peaceful paradise which now surrounded them. They would be born as an innocent child into one of these troubled family systems, and would have to suffer the pain of the negative, even destructive patterns. They might also have to endure a childhood with little, if any, love. In many cases, they would feel rejected and abandoned. For most of their lives, they

may feel somehow that they just do not 'belong' on Earth. Their pain would be so deep, so profound as to be almost unbearable.

The evolved souls accepted the challenge for they knew that they had the strength to endure. They did not know that the experience of their childhood pain would be so deeply etched upon their consciousness, that as they grew they would easily identify with the pain of others. When they had children of their own, their deepest commitment would be to do things differently than the generations before them. A consciousness would be awakened within which allowed them to see the mistakes of the past,

and how souls had been dishonored through the generations. They would become the architects of a new way of being. They would model this way for their own children, and for all who knew them. Still, it would not be easy. They would always struggle a little because of the profound contrast between their inner soul essence, and their beliefs about themselves on the level of ego, where most of their Earth learning transpired. However, their presence on the Earth would be profound, because their children, and their children's children would have a legacy of love and wisdom to carry into their futures.

So it may be that those of us who have struggled with childhood pain, sadness and confusion have been on a special mission. Had we failed at our task, we would not even realize it, and would blindly follow in the footsteps of those troubled beings before us. If we recognize that we have been instrumental in creating a shift at that intersection between all that was before, and all that will be in the future, then the amnesia is beginning to lift. No longer need we feel tentative about our purpose here. While there is still work to do, and constant challenges inherent in three-dimensional reality and physical form, we begin to know who we are. We can shed the crumbling shell of an ego no longer required, and allow spirit to expand in all directions. When we do this, home is not so far away.

Gwen Randall-Young is a psychotherapist and author of *Dancing Soul: The Voice of Spirit Evolving*, and produced audiocassettes entitled, *After Recess: A Calming Meditation for the Elementary School Classroom*. Reach her: grandall@telusplanet.net



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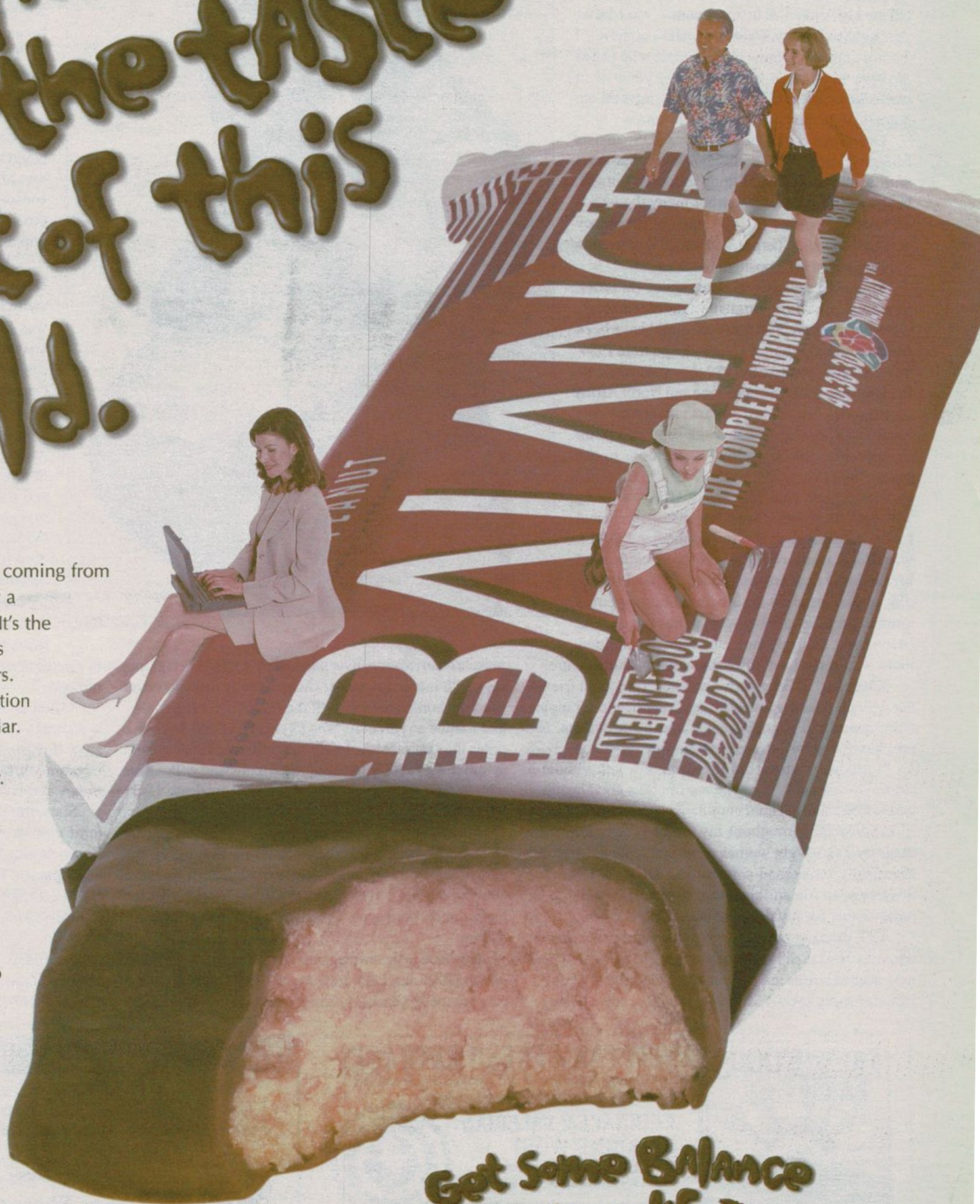
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What if AIDs isn't caused by HIV?

by Catherine Young

Christine Maggiore, an HIV positive breastfeeding mother has wondered since her first HIV positive test almost seven years ago: What if AIDS isn't caused by HIV?

"I enjoy a healthy, medication-free existence, work long hours, have lots of energy and people tell me I look like I'm in my twenties," said the 41 year old Studio City, California AIDS activist. "I am not unusual; I know many people who tested positive more than a decade ago, yet live in wellness without AIDS treatments. Several are parents of gloriously healthy children."

Everyone is not at risk for AIDS, insists Maggiore, and HIV antibody tests cross-react with a number of conditions found in normal, healthy people: humans harbor many thousands of viruses, a cold or flu, vaccination, pregnancy or prior pregnancy, herpes, hepatitis, TB or malaria may trigger an HIV positive outcome.

Maggiore says her own test status (in order: possibly positive, positive, indeterminate, positive, negative and positive) could have been from a number of things. Her boyfriend from 1984-88 tested HIV positive in 1992 then indeterminate in 1996. She travelled in Europe and North Africa extensively. She spent 18 years taking medicine made from pig and cow thyroid, supposedly full of microbes. "Who knows?" and more to the point, "Who cares?"

Her biggest challenge is not HIV, it's living with the fear, ignorance and prejudice perpetuated by the medical community and media. "It took weeks and many rejections before I could find prenatal care and birth assistance. When I finally did, it was based on the sincere, but misguided notion that even a dying woman has the right to bear a child, and only under the explicit condition that I would not have my baby at the birthing centre."

While her "HIV negative cohorts" (pregnant friends her age and younger) experienced complications ranging from anemia to toxoplasmosis and birth defects, her pregnancy and birth were problem free.

"I recovered in record time and was left without a single stretch mark. Despite my obvious good health, I had to endure whispered comments containing the word 'irresponsible' throughout my entire pregnancy, often made by overweight women eating processed foods and chemically sweetened soft drinks. One AIDS worker threatened to file an injunction to have me declared an unfit mother for my decision not to take AZT."

AZT, the recommended treatment for pregnant women who test HIV positive, attacks the bone marrow where new immune cells are generated. Side effects of AZT include severe anemia, diarrhea, seizures, nerve damage,

muscle deterioration, liver and kidney damage. Maggiore states, "It is a failed cancer chemotherapy that was never used on human beings until the first AIDS drug trials," and wanted no part of it. "The Physician's Desk Reference notes the side effects of AZT are indistinguishable from symptoms of AIDS; most of my friends and colleagues who followed standard medical protocol are dead. Had I taken AZT, I wouldn't be alive today."

Maggiore takes herbs and vitamins daily, and steers clear of Western medicine. "Before I discovered the enormous body of scientific evidence refuting the HIV hypothesis, I lived in a state of resigned terror fueled by common portrayals of AIDS." But the facts didn't add up:

- Nowhere in the medical literature are there any papers, which either singly or collectively establish HIV as the cause of the 29 year old health problems now called AIDS.

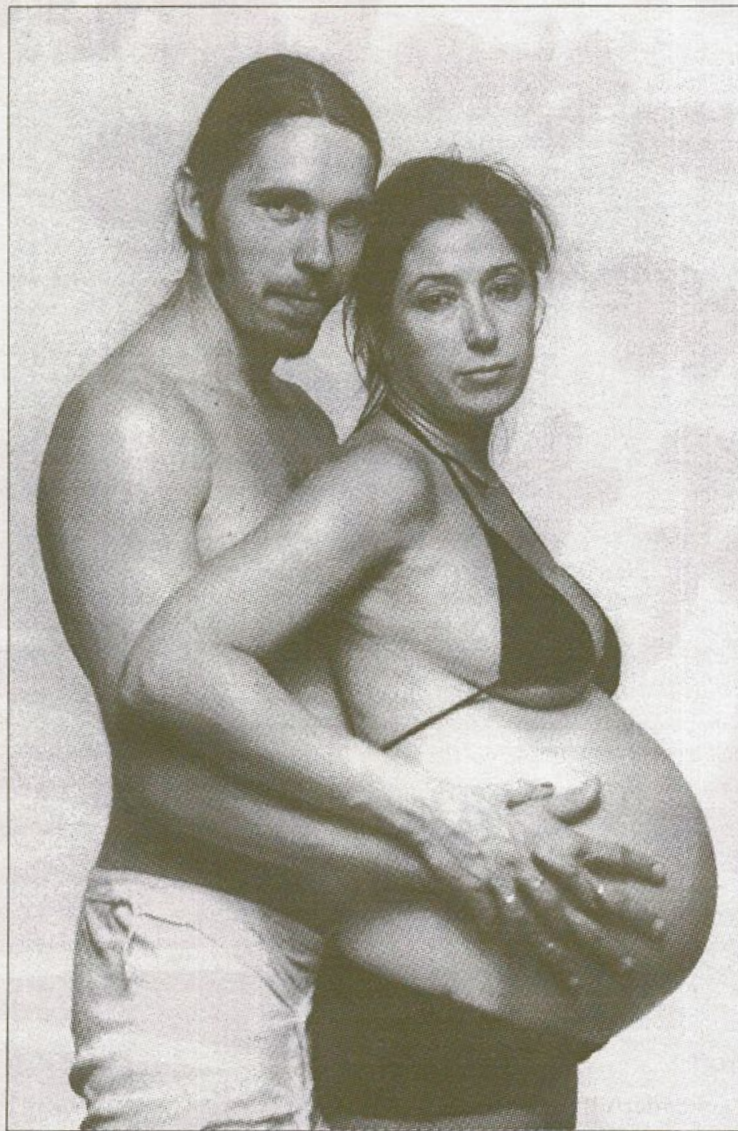


Photo Douglas Piburn

- After 15 years, 97% of American AIDS cases still occur among the originally identified risk groups, drug addicts and gay men with multiple sex partners, or people with immune systems weakened by lifestyle.

- The number of Americans testing HIV positive has not increased once since HIV testing became commercially available in 1985.

- The 1997 total for teen AIDS cases in America was 403. In 1996 it was 402. Hardly an epidemic increase.

So Christine Maggiore got on with her life. The conception of her child was an accident, the happy (if initially frightening) result of a beginning love affair. Her partner Robin is 29. "Most of my friends in their forties have to pay a specialist in order to get pregnant. It was a surprise, totally unplanned."

Christine went into labour during Princess Diana's funeral. Five hours later, in a \$49 inflatable swimming pool in her living room, baby Charlie was born. Christine's brother videotaped the arrival of her six pound, 17 1/2 inch son. "Every time I watch it I cry. It's so amazing," said Christine.

At six months, exclusively breastfed, Charlie weighed 16 pounds. A week later he began a gentle introduction of organic vegetables, most of which he wore. He is strong, alert, healthy, and will not be tested for HIV. "I won't subject my son to an unreliable, non-specific and inaccurate test for protective antibodies that is used erroneously and irresponsibly to diagnose infection."

Neither will she follow the American Academy of Pediatrics Statement on Breastfeeding, which urges all babies be breastfed

to at least one year of age, unless they have HIV positive mothers.

"There is much misrepresentation and fear mongering in regard to HIV, and most of it is motivated by profit. I'm sure the formula industry doesn't mind the AAP recommendation for HIV positive moms to formula feed, if they survive the AZT treatment..."

Since the birth of her son, Maggiore has written the third edition of *What if Everything You Thought You Knew About AIDS Was Wrong*. It has been translated into Spanish, French and German. It is available from HEAL, 11684 Ventura Boulevard, #338, Studio City, California 91604 for \$10 US.

Reprinted from Fall 1998 issue of *The Compleat Mother Magazine*, RR#3, Clifford, Ontario N0G 1M0. Tel: 519-327-8785. Email: zyoung@wcl.on.ca.

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Take Some Thyme

by Bruce Burnett

Pun-provoking thyme is one of the most popular and commonly used culinary herbs. It grows well in most climates, and prefers a light, sandy, well-drained, dry soil in full sun. It is quite susceptible to root rot and fungal disease if grown in soil that is too moist or heavy. Thyme does not require fertilizer and grows well with lavender and sage.

This herb will attract bees to your garden and it will repel cabbageworms. Thyme can be propagated by seed, cuttings, root division or layering. Its fine root system makes it more difficult to transplant than most herbs. It should be moved well in advance of any risk of freezing. A

layer of sand applied on the soil will help protect the delicate roots from frost. In colder climes a heavy mulching of hay or straw may be necessary.

There are up to 400 different species of thyme. The 1998 Richters Herb Catalogue lists 23. Certain sub-species such as lemon thyme will be covered in other columns. Today we will concern ourselves with common thyme (*T. Vulgaris*), the most preferred species for use in the kitchen and in the essential oil industry. Common thyme includes both English - or German or Winter thyme - and the narrower leafed French thyme. The latter is the sweeter of the two and certainly preferred in French cuisine. Both are perennials, but the French thyme is less robust than the English variety and may require some winter protection.

Thyme has inspired poets from Virgil to A.E. Housman, who wrote in *Shropshire Lad*, "... Among the springing thyme,/Oh, peal upon our wedding,/And we will hear the chime."

The word thyme may be derived from the Greek word *thymon*, meaning courage. To the Greeks, thyme exemplified graceful elegance and 'to smell of thyme' was an expression of urbane tribute. After bathing, the Greeks would use the essential oil of thyme for massage.

The Romans bathed in thyme water to energize themselves and, during the Middle Ages knights were given sprigs of thyme by their ladies as tokens of courage before they went into battle.

Sumerian cuneiform tablets dating back to 2750 BC mention thyme mixed with pears and figs as a medicinal poultice. The ancient Egyptians used thyme for embalming and St. Hildegard recommended the herb as a treatment for leprosy, paralysis and 'excessive' body

lice. A moderate number of body lice were perfectly acceptable, we presume.

An old Irish legend claims that if you wash your eyes with the dew from thyme on the morning of May 1st then you will be able to see the fairies.

Today, thyme's well documented antiseptic and tonic qualities make it the ideal immune system booster. It is particularly effective for chest infections such as bronchitis,

whooping cough and pleurisy. Thyme may be taken as a tea, or check with your local health food store to see if they stock a natural cough syrup using thyme. The essential oil of thyme must not be taken

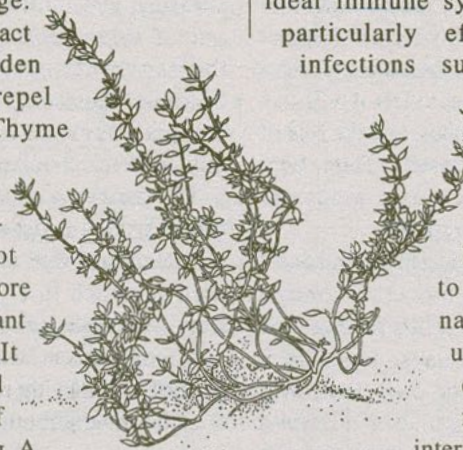
internally. Some herbalists recommend a handful of dried thyme - in a porous bag or cheesecloth - added to bath water to ease back spasms.

Thyme is indispensable in French cuisine and in bouquet garni. The best cooks prefer to work with fresh herbs, but of course this is not always possible. When working from a recipe, remember that one tablespoon of a fresh herb translates into one teaspoon of the dried variety.

Thyme wonderfully enhances the flavour of beta-carotene vegetables such as carrots, squash and sweet potatoes. Boost your immune system with this Herbed Carrot Soup.

You'll need about 2 lbs. of carrots, chopped; 1 large onion, diced; 2 cloves of garlic, crushed; 4 Tbsp. butter or olive oil; 6 cups of vegetable stock; a bouquet garni consisting of 6 springs of fresh parsley, 3 thyme springs or 1 tsp. of dried thyme and 6 black peppercorns; freshly grated mace or nutmeg and salt and pepper to taste.

In a good-sized soup pot, saute the onion and garlic in the butter until soft. Start with the onion and add the garlic after a couple of minutes. Add the stock and the carrots and simmer for about 15 minutes. Add the bouquet garni and continue to simmer for another 20 minutes. Carrots are the one vegetable that becomes more nutritious with cooking as the vitamin A rich fibre is broken down and more easily absorbed by the body. Remove the bouquet garni, allow the soup to cool, and put it through the blender in batches. Reheat the soup over a low heat while adding the nutmeg and salt and pepper to taste. Serve with some fresh, homemade bread and garnish with some fresh parsley and a little chopped fresh thyme.



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Christmas Trees Live

by Kate Langan

In the forties and fifties in England, it was common practice for families to buy a rooted tree and replant it. "It was a lovely way for the family to keep the memories of their children's growing years alive," a friend, whose family did this during her childhood in the South of England, told me. She remembers nine trees of varying sizes in her garden.

Replanting your Christmas tree is a way to make a powerful statement about the world's clean air problem, about deforestation, and instill a belief of waste-not-want-not in your children's minds; all important considerations. Aside from these moral issues, making a family excursion into the woods, away from the commercialism of Christmas is a great way to bring your family closer together.

When we go out on a sunny mid-December afternoon, we look for a spruce that is between two and three feet tall, because the root ball is an easy size to dig, and the tree light enough to carry. Spruce is better than fir because firs are very susceptible to root damage, Scott McEwan, the Christmas Tree Specialist with the Canadian Department of Lands



Art: MANDAD

and Resources, told me. Wrapping its roots, and some of the oil in plastic for the trip home, we then pot it in a large galvanized washtub, and, watering it whenever it begins to dry out, leave it in our unheated basement.

The trick is to keep the tree cool. "Less than 38-40 degrees," says McEwan, "A dormant tree will start to grow if it is kept in a warm room for more than three or four days."

We bring it upstairs for our six year old son to decorate on Christmas Eve. We have no fear of fire since our tree will not dry out, or drop its needles like a cut one, but to keep it dormant we return it to the basement several days after Christmas where it will stay until the ground thaws, and the risk of heavy frost has passed. Then, with the holidays fresh in our minds, we have a planting ceremony.

If you live in an apartment and don't have a basement, you can still enjoy a live tree and plant it in a predug hole right after the holidays, mulching it well, either in your own yard, or a friend's, or if you live in an area with plenty of snow, you can bury the root ball in snow, keeping it watered, and wait until spring for planting.

Finding a friendly woodlot owner or an abandoned piece of land that might provide you with a tree is the first step in your tree hunt, and if this proves fruitless, calling around your area will likely turn up a Christmas tree growers who

deal in live trees.

Only one in three growers in my area deal in live trees because it is extra work; the roots must be pruned every three to four years to keep the soil ball intact (this means they must be cut around with a shovel). The rest of the work remains the same as for cut trees, the weeding, shearing, and fertilizing. The other two out of three growers are part of the thriving cut tree industry, an industry that Suzanne Gayeau of Natural Resources Canada tells me made an estimated \$55.5 million from 4.2 million trees in 1995.

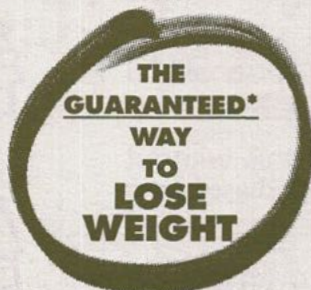
It's true, many areas have implemented tree recycling programs, where trees are collected curbside and ground up to be used as mulch in city parks, which is a step in the right direction.

If you feel, as we do, that this isn't enough, get out there with your family, friends, or neighbours, and find yourself a little tree. Don't bemoan the shortness of it, just revel in the satisfaction of caring for a living plant. It is a feeling you will have all year and for years to come; a true extension of the spirit of Christmas.

Kate is a freelance writer who lives with her family in a little house almost totally surrounded by little trees in Halifax. Artist: Mandad@sunshine.net.

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You are Safe

Dear Louise,

I am struggling with a seeming incongruity that I feel in relation to people I view as teachers in my life. Many of these people have parented four, five, and even six children. With overpopulation being one of the most critical threats to our planet and one contributing aspect to my own decision not to have children, I find myself perplexed in how to reconcile this inconsistency between message and example. I acknowledge that I am not on this planet to judge, so can you please help me understand how to detach from this feeling that is blocking my ability to completely accept the integrity of these and other potential teachers?

- S.N., San Diego, CA

Dear S.N.,

What an interesting judgment you have decided struggle with. I am not sure I even understand it. You don't like "teachers who have children"? How few children are they allowed to have before you begin to judge them? What does having children have to do with where and how you receive your spiritual nourishment? Children are also great teachers and are our future. How blessed we are to have these teachers guiding our future teachers and leaders of the world.

Why you have decided to not have children is your business. Why they have decided to have several children is their business. Are these spiritual teachers focusing on the issue of children and population growth? Is that where you find an inconsistency between message and example? If this issue is that important and personal to you, which apparently it is, then the place to go for healing is within yourself. The inconsistency I see seems to be within what these teachers have to offer and your projection on them of a personal issue. Please be willing to receive the lessons and insight offered from these teachers despite their personal family choices.

Dear Louise,

I am a handsome 33-year-old man who has been suffering with major depression. I get financial support from Social Security, and my mother and I go to a psychiatric treatment program every week. I am attracted to women, but my habit has been to avoid them. These days, I'm ashamed to share myself with them for fear of being patronized or humiliated about my illness. As an adult, my mind has always conjured up excuses to

avoid sharing myself with women, and all of the excuses have been based on fear. How do you suggest I approach women without making it an onerous chore?

- B.K., San Anselmo, CA

Dear B.K.,

Depression always has to do with anger and hopelessness turned inward.



Louise L. Hay

You feel hopeless because you believe you do not have a right to express your anger. Either you feel too guilty to be angry at this person or situation or you feel there is no way out. So you are ruining your life by creating depression. I think this has a lot to do with unresolved issues with your mother. You are probably on a lot of medication so you can't

really think straight. Sugar also aggravates depression.

You really need to grow up and stand on your own two feet. You are still Mommy's little boy being taking care of by her and the state. You seem to be punishing her for something. I suggest that you separate from your mother for a while. Have your therapist help you do a lot of forgiveness work so you can come out of this depression. When you clear up your mother issue and learn to love yourself, all the so-called problems with women will take care of themselves.

Dear Louise,

A few years ago, I had breast implants, and ever since the operation I've had scar tissue on the right side that gets a stiff feeling. I get laser treatments and that works somewhat, but I am wondering if there is a thought pattern that is contributing to this. I really love my implants and don't want to have them removed, but I'd like to treat this problem naturally if possible.

- M.M., Vancouver, B.C.

Dear M.M.,

Does your father disapprove of these implants? Any problems on the right side of the body usually have to do with father issues. This is something you might want to consider. Also, affirm: I LOVE EVERY PART OF MY BODY, AND I AM SAFE.

For a free catalog of books, audios, videos, and other products by Louise Hay and other Hay House authors, please call (800) 654-5126 or fax: (800) 650-5115. If you would like Louise to answer your letter in this publication, address your letter to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100. Please visit the Hay House Website at: www.hayhouse.com.

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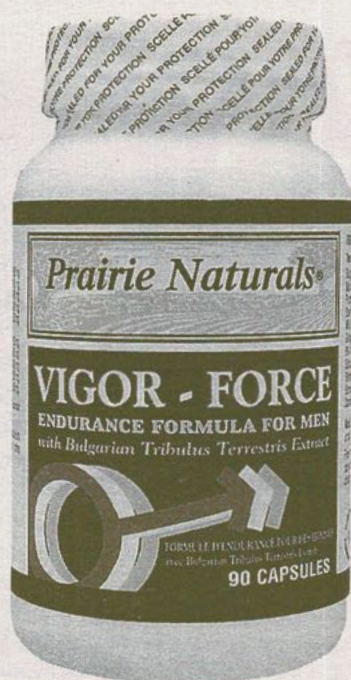
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CURRENT HEALTH ISSUES: SUE'S NEWS

Become an Expert

by Susan Cameron-Block

Conspiracy is Alive and Well

The 'C' word. You're not supposed to believe it, let alone say it. You know conspiracy-theory. If you say it you're branded a wacko, a way-out-there-nut. The truth is the world is full of conspiracies. Like certain elements in the NDP conspiring to abuse proceeds from a lottery, and succeeding to some degree. And then there was BRE-X. So don't tell me there aren't all kinds of sneaky buggers crawling over the planet conspiring to profit illicitly! Conspiracy is as old as mankind and its clearly depicted in the Genesis account of Lucifer conspiring to overthrow God.

Eureka! My eyes have been opened. I read the book, ...and the truth shall set you free by David Icke. Suddenly a lot of things make sense. Like the monetary system, secret societies, Princess Diana's unusual death, why the American president can waste millions of taxpayer's dollars perpetuating bald faced lies and basically get off with the indirect approval of the American people.

Icke paints a bleak and convincing picture of the insidious relationships between banks, governments, industry and religion that includes, Nazis, Bildebergers, Freemasons, Black Nobility, CIA, FBI, oil cartels, global free trade, the cashless society, Illuminati, MKULTRA, Darwin, Media, Mafia, NASA, NATO, UN, the Vatican, WHO and more. In a recent interview with Art Bell, Icke described how the bloodlines of kings and world leaders are interconnected. Conspiracy-theory? You bet! But its damn convincing. Icke is a researcher who backs up his conclusions. Read it! And as my 3 year-old would say, "You tell me".

By the way, David Icke will be on Current Health Issues radio show sometime in March 1999.

Bio-warfare and Vaccines

According to Harvard grad Dr. Leonard Horowitz, hepatitis B vaccines were used to spread AIDS in Africa and North America. It is a fact that 100% of homosexuals who received the Hepatitis B shots during the 60's New York campaign are dead today. Dr. Horowitz has recently released an audiocassette that includes Dr. Hilleman admitting they imported the AIDS virus by way of the African green monkey. The insidious part is listening to Hilleman and his cohorts laughing and cackling about it. Dr. Hilleman is Director for Merck Institute for Therapeutic Research. Dr. Horowitz, in his book *Emerging Viruses*, publishes actual contracts between pharmaceutical companies and the American Department of Defense. These contracts describe the proposed development of immune system

ravaging bio-warfare weapons.

On a more domestic note, oral polio vaccines are still prepared using contaminated monkey tissue. The Hepatitis B vaccine mandated for 12 hour-old infants contains up to 100 simian viruses per dose yet the FDA turns a blind eye. Well into the 80's manufacturers had not removed the cancer-causing enzyme found in the hepatitis B vaccine. The vaccine insert states the incidence of swelling and redness (15%), fever for a couple of days (14%), more sustained fever (13%), more flu like symptoms (9%), more long term chronic illness (10%), 7-8% worse, 3-5% even worse. Finally 1% will sustain serious injury like chronic crippling rheumatoid arthritis and sudden infant death syndrome! If even a fraction of the some 50 million children slated for the hepatitis B shot react as anticipated, over the next 7 years 250,000 children will develop brain damage, crippling arthritis or die. I have spoken with medical doctors who tell me the incidence of vaccine damage is much higher than reported. How many parents are willing to sacrifice their precious children for the supposed good of the many?

Cancer Can be Beaten

I recently had the privilege of interviewing cancer survivor Karolyn Gazella. Her story is tragic yet inspiring. Within months of each other Karolyn, her mother and her sister were diagnosed with cancer. Karolyn's mother went for conventional radiation treatment and sadly, she died. Both Karolyn and her sister sought alternative solutions and beat the cancer. Karolyn went on to become a successful publisher of books and a magazine called *Nature's Impact*. Sometime before meeting Karolyn, I interviewed Sir Jason Winters. Jason was on his death-bed when he was visited by Prince Charles who said, "Only God knows the time and place." Those few words gave Jason the strength carry on fighting and looking for solutions. He'd tried almost every concoction you can think of until eventually hitting on his cure. Jason Winters later made such an impact on peoples lives that he was knighted by Queen Elizabeth. I guess what I'm trying to say is don't accept a doctor's death sentence. Get a second opinion and a third and a fourth. Get involved in your disease; become an expert.

Susan Cameron-Block is the host of *Current Health Issues* brought to by OMEGA NUTRITION you Saturdays at 9PM on CFUN am 1410. Susan interviews leading scientists, doctors and researchers from all over the world. Topics include midwifery, MKULTRA, vaccines, cancer, nutrition, Y2K, vivisection, DE-TAX and everything interesting under the sun.

The Cover Story

by Maggie Staggs

My birth certificate states my race as Anglo-Indian. I have been fortunate to have such a vivid ancestry that honours diversity in thought, style, appearance and character. Having lived in Malaysia, Australia, England and now Canada, I have become a jack of many countries, master of none.

Over the years, I have had a fascination with my family tree. In a self-identity search at age 25, I journeyed to the Indian Sub-Continent for 3½ months. Curiosity took me to Sri Lanka, but the reality was a far cry from my romantic vision.

The country was immersed in racial riots and citizens were allowed out of their

homes for only a few hours each day. This was sadly reminiscent of the racial riots I experienced as a child in 1969 in Malaysia. The cover photograph of two children was taken in Colombo when the curfew was lifted for the day and I was allowed out of my spartan hotel room for a few hours. Capturing the innocent uncontrived expression of these children is the true joy of being an amateur photographer.

Back in Vancouver I am an Operating Room nurse. Nursing has been a constant compassionate humbler that a healthy life is a gift to be cherished by us all.

Thanks to Melba, Klara and John.



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YOUR EVENTS CALENDAR

Datebook

Datebook Deadline for January issue - December 15th.
Cost for a datebook including GST is \$26.75. No charge for free events by Non-profit Organizations space permitting.

Seminars, Workshops & Events

December 2

Taoist Tai Chi. New beginner class downtown Vancouver. Wednesdays 7-9pm starting Dec. 2nd. Many new beginner classes start in January across Greater Vancouver. 681-6609.

December 4

Vancouver Chamber Choir and soloists join to perform the joyous Christmas Oratorio. Orpheum, 8PM. Tickets: 280-3311.

December 4

Community Forum on Responding to Adult Abuse and Neglect. 9am to noon. 411 Dunsuir St. Seniors Centre, 684-8171. Free.

December 4, 5, 6

Foot Reflexology Certificate weekend course prepares you to practice reflexology competently. Intro \$10; Course \$275. Pacific Institute of Reflexology. 875-8818.

December 5

Patrick Bernhardt with chant master Jerry DesVogues and the Mantravani Orchestra "Bridge to the East" Unitarian Church 41st & Oak. 7 pm. \$22 Advance, \$27 Door. 688-2575.

December 6 and 8

"The Jew in the Lotus," a film about a Jewish delegation advising the Dalai Lama on survival in exile. Sunday 2 pm and 3:30, \$8; Tuesday at 7, \$10 and 8:15 (sold out). Pacific Cinematheque, 1131 Howe Street. 669-0664.

December 10

The Committee for Racial Justice is celebrating the 50th Anniversary of the United Nations Declaration of Human Rights. 6:30pm at 650 Richards Street. RSVP by December 4. 683-6633.

December 11 - 12

Introduction to process work. Introduction to "dreambody" concepts and how they apply to self growth, therapy and worldwork. Friday evening lecture, Saturday workshop. 708-9394.

December 11

Dance, potluck buffet, and costume party with music by the Grames Brothers. Hosted by Greenpeace, Sierra Legal Defence Fund and West Coast Environmental Law. Come as your favourite decade: past, present, future. 7 pm to midnight. Heritage Hall, Main and 15th.

December 11-13

Create aliveness! Transform your energy! Play and explore 7 primary archetypes. \$250. Workshop info. 617-2078.

December 12

Free video seminar on Supreme Master Ching Hai and the Quan Yin Method of Meditation. 2pm at the South Delta Library, 1321A-56 St. Tsawwassen. For info call 541-1530.

December 12

Vancouver's own Freedom & Leela, new CD Mystics of the East. Performing at Chapters, 788 Robson 2 pm. 686-2692.

December 13

EarthSave Canada presents a turkey free Christmas Potluck. Guest speaker, raffles, gifts & healthy food. Free to public. 731-5885

December 17

Film screening and talk on Tibet. Planetarium Auditorium, 1100 Chestnut at 7:00pm. Admission by donation. 871-3331.

December 19

Free Christmas Buffet for those in need or those alone at Christmastime. 411 Dunsuir. Seniors Centre 12 noon, 684-8171.

Future Events

January 9

Taoist Tai Chi - Open House, Saturday 1-3pm, 220-440 West Hastings Street. 681-6609.

January 10

Felun Qigong Public Demonstration, 3-5pm, 6550 Bonsor Avenue, Burnaby. For more information, call Helen 299-9378.

January 12-15

John DeRuiter lecture. Masonic Hall, 1495 W. 8th, 1-5 pm, 7-11 pm. For more information, call Tracy 263-4598.

January 19

Certified Massage Course, Tuesday morning or evening or Saturday morning. Healing Bodywork Centre. 737-8350.

January 20

Anatomy Class for Practitioners, 8 Thursdays 7-9:30 pm, Healing Bodywork Centre. 737-8350.

January 22, 23, 24
Foot Reflexology Certificate weekend course prepares you to practice reflexology competently. Pacific Institute of Reflexology. 875-8818.

February 18, 1999

Beyond Tears - 20 week therapy group for women survivors of childhood sexual abuse. \$700 for 58 therapy hours. Pauline Reaburn RN BSN MEd DipFA 872-3945.

April 25- June 19

Hollyhock. Healing With Herbs - discover the healing nature of herbs. 1-800-933-6339.

May 2 - 28

Hollyhock. Esalen Massage Training with Brita Ostrom and Dean Marson. Writer's Retreat with Elisabeth Harvor, Don Gayton, and Maria Coffey. 1-800-933-6339.

Ongoing

Louise L. Hay
"You Can Heal Your Life" workshops. For information call Liz Robitaille at 604-986-5321.

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Acupuncture

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Healing Bodywork Centre

Chi Gong Classes with Master Peng, Mondays 7-10 pm. New classes each month. Healing Bodywork Centre. 737-8350.

Taoist Tai Chi

New beginner classes start in Vancouver Nov. 2nd 7-9 pm; Nov. 3rd Surrey 7-9pm; Nov. 15th Vancouver 1-3pm; Nov. 16th Kitsilano 7-9 pm. 681-6609.

Buddhist Reading

Taught by Root Guru Grandmaster Lu. Daily 10am-

2pm; 8:30pm-10:30pm., #1-2475 Dunbar St., Vancouver 879-0065.

Free Counselling

Free counselling sessions are available at Erickson College with advanced counselling interns. 879-5600.

Reflexology

Pacific Reflexology, 535 West 10th Ave. & Cambie. Tuesday eves. \$12. 875-8818.

Creativity Workshops

A support group for the Artist's Way by Julia Cameron and "Write" Where You Are (see events in Research Directory). Fall sessions beginning soon. June Swadron 682-5559.

Past Life Regression

2 hour workshops, 3rd Wednesday of every month. 7-9pm Jonni O'Connor Ph.D., Registration and Information 733-9111.

Miscellaneous ANAD Support Groups

Free drop-in support groups for women with issues around body image, food and disordered eating. Call Meris 739-2070

Vancouver Women's Shelter

Women volunteers needed for 24 hr. crisis line, transition house for women & children. Training sessions are Tuesday eves. 872-8212.

Safety for Survivors

Safety for Survivors support group run by and for women survivors of childhood sexual abuse. Hear and be heard in safety. 987-6486 (N. Shore).

Near Death Experiences

Have you had a near death experience? The Vancouver NDE Research Foundation is looking for people to share their stories of NDEs and related phenomena. 709-6035.

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by Iain Young

Hardly a day goes by without the newspapers, magazines, or TV telling us about the fabulous world of computers. Breathlessly we are told of the fibre optically bright future that lies just up ahead in computer land. And there are strong hints that we had better get with it, or we will be left behind, unconnected, uninformed, and unemployed; wrinkled refugees from the pre-information age. But hey, don't worry, because computers are so easy and so much fun, that we'll all be using them in no time. And they're so cheap now. Why, you can get a really cool system for only three or four thousand dollars!

So all over North America, hundreds of thousands of families are being persuaded to part with a considerable portion of their after-tax disposable earnings to buy computers. Then they buy software to run them. Then they have to spend yet more money to buy books to explain how the software works. And of course each month twenty or fifty dollars get scooped up by The Net.

Well, now I have to confess that ours was one of those families. I really did try. I bought the latest, fastest, most powerful, sexiest machine on the market (now considered obsolete junk), and I loaded the most sophisticated software available (now considered Neanderthal drivel). Then I set about trying to learn to use that software. And that was the first real shock. Many hours of my life vanished into the frustrating teeth gnarling nightmare of the learning curve, as I learned that computers don't just do things for you, you have to get them to do things for you. And if you make one stupid little mistake in telling it how to do

something, it will do one stupid little job of doing it.

So with puppy-like naiveté I turned for assistance to the manuals and the built-in software help programs. It didn't take long to discover the flaw in that approach. You see those manuals and help menus are written by exactly the same kind of people that wrote the software. It's like the bad science fiction movie where the heroine discovers that zombies are taking over the town, but when she rushes in to tell the chief of police, she realises that he is one of them.

The truth is that people who have been computerized are not like you and me. They may walk amongst us, they may dress like us, but they're different. They don't speak, or for that matter, think in English any more. As a result, the way most manuals are written, if you need their help, then by definition, you won't be able to use them, because you certainly won't be able to understand them!

Now to me this is a little bit scary. Our reliance on computers in industry, government, the media, and education continues to increase. They are exerting a tremendous influence, not just on how we do things, but on the things we chose to do. But if our society is being processed by machines that even their makers can't explain to us, then who the hell is in charge?

The truth is that a lot of this stuff is still for nerds. It simply has not yet been developed to the point where decent honest human beings can use it with dignity and self-respect. If you want to use one, you have to learn nerdtalk, and practice nerthink. Now that may not be a bad thing: the more people who stay

home to play virtual hiking instead of being in the mountains, the better off for the rest of us.

Then there is the environment. Remember the environment? Well, each year the computer industry persuades millions of poor dumb consumers like me to create mountains of largely unrecyclable metal and plastic garbage by throwing away machines that are just a few years old. Yes, the built-in obsolescence of computers is an even better market scam than cars. And when we look around our lives to try and find the reason that we are stressed to the point of hyperventilation, we are often reluctant to admit that we are having to work so hard to just pay for all the consumer goods that we have been educated to believe that we must have.

But my main concern about computers is that our children are being led further away from real life by the tunnel vision of technology. In this misinformation age, the net may well become the equivalent of the Roman Circus, a sort of nero@colosseum.com. And the kids will use that virtual violence, sex, and power like hard drive drugs, in place of real human experience.

So before you jump in the digital dip with all the other sheep, ask yourself what else you might do with three thousand dollars, and hundreds of hours of your time. A computer won't get you as close to your kids as a camp out under the stars, and it won't turn your lover on like a back rub. Before you get a computer, get a life.

Iain Young, owns *Creative Change*, which works for conflict resolution, team building, and creativity enhancement.



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